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PRICE TEN CENTS.

# BRIEF ESSAYS

ON

PREVALENT

# CHRONIC DISEASES

INCLUDING

CONSUMPTION, NASAL CATARRH, BRONCHITIS,  
ASTHMA, DYSPEPTIC DISORDERS, URI-  
NARY COMPLAINTS, SCROFULA,  
SKIN DISEASES, FEMALE  
COMPLAINTS, &c., &c.

BY

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1874.

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BY

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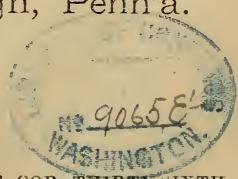
EXCLUSIVE PRACTITIONER IN CHRONIC DISEASES,

191 Penn Avenue, Pittsburgh, Penn'a.

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## INTRODUCTORY.

THIS Pamphlet is designed to serve as a Business Circular whereby, inquiring invalids can learn something concerning the writer and his method of treating **CHRONIC DISEASES**,—a subject to which he has devoted his entire professional life.

He wishes it to be particularly noticed that HE GIVES HIS ATTENTION, EXCLUSIVELY, TO A LIMITED RANGE OF CHRONIC DISEASES.

In this respect, Dr. Sykes believes that he stands alone in this locality, and he deems it but fair to ask the public, not to class him with those who profess to cure Lung Diseases by Inhalations, nor with Druggists who pretend to be Physicians, for the purpose of selling Lung Cures and other Patent Medicines,—nor yet with those who claim ability to detect and cure all diseases solely by an examination of the Urine.

In short, the writer of these pages asks to be judged solely by his own acts, and not by the dishonest practices of others.

## BRIEF ESSAYS

ON

# PREVALENT CHRONIC DISEASES.

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## CHRONIC DISEASES OF THE RESPIRATORY ORGANS.

Diseases of the Breathing organs include Nasal Catarrh, Pharyngitis or Sore Throat, Laryngitis, Bronchitis, Asthma, Consumption and Chronic Pneumonia. The last three are *Lung* or *Pulmonary* affections, while the others are located in the passages and tubes leading to the Lungs.

Before describing these diseases separately, it is important to call attention to the fact that Nasal Catarrh, Pharyngitis, Laryngitis and Bronchitis are essentially the same disease, and a few preliminary remarks on the nature of

### CATARRH IN GENERAL,

will clear away much obscurity which otherwise would exist in describing the same affection under so many different names.

The term Catarrh is derived from two Greek words, signifying "to flow down," it consists of an inflammation (acute or chronic) of the lining membrane of the Nose, Throat or Bronchial tubes, and the formation of a slimy secretion called Mucus, which in the Larynx and Bronchial tubes is expectorated by coughing.

The membrane thus affected also lines the mouth, Œsophagus or Gullet, Stomach, Bowels and Urinary passages, and is everywhere liable to Catarrh, which, in the Stomach, is called Gastritis, in the small intestines Diarrhoea, in the large Bowel Colitis or Dysentery,

and in the lower portion of the same it is termed *Blenorrhoea*, while in the Bladder it is named *Cystitis*, and in the Uterine passages it is *Leucorrhoea*. This same membrane also lines the eyelids, and covers a portion of the eye, and *Catarrh* here is called *Ophthalmia*.

The application of so many names to a single disease has had a confusing effect, not only upon the public mind, but also on the minds of medical practitioners, many of whom entertain the erroneous idea that a variety of diseases is indicated, and vary their treatment accordingly.

Again, the lining membrane which is the seat of *Catarrh* is misnamed the *mucous* membrane, whereas there is no mucus upon it except when diseased. It is thus that medical science is burdened and impeded by a useless and unscientific nomenclature, and the medical dictionary rivals Webster's unabridged in bulk.

The mucous membrane which lines all the cavities of the body (where air may have access) is like the external skin in structure, and analogous to it in its functions, hence, *Catarrh* is properly an internal skin disease, and *wherever* it occurs should be viewed as such, and treated accordingly. We do not consider it proper to treat external skin diseases by local remedies alone, but use means to cleanse the blood, and the same principle should be observed in treating diseases of the internal skin.

But, as an external tetter presents a different aspect on the face and hands from that shown on parts covered by clothing, so *Catarrh* in different localities exhibits diverse characteristics, and hence there is a partial necessity for considering it under its different designations, and we therefore, for the present, adhere to the existing names and come now to consider

## NASAL CATARRH.

Chronic Nasal *Catarrh* consists of inflammation of the lining membrane of the nasal passages, and the formation therein of mucus, which partially or completely fills the cavities, and renders breathing through the nose more or less difficult. The secretion is dislodged either externally by blowing the nose, or else into the throat by snuffing and hawking; if it is not cleared away daily, it accumulates, causing a disagreeable feeling of distention and fullness, and in a short time decomposes, and becomes exceedingly offensive, and gives rise to temporary acute inflammation with pain between and above the eyes, and sometimes in the cheek bones.

In this process the matter, softens and is discharged in a

terribly foul condition, and then the accumulation begins again, and the fetid gathering is repeated. In some cases the lining membrane of the nasal cavities is destroyed, and the bones of the nose and face become affected. This description applies to the more severe form of the disease, occurring not infrequently; but happily in a majority of instances, it pursues a milder course, and the discharge does not become offensive, or obstruct the passages, but falls back into the throat and causes an almost constant hawking and spitting. In all cases the irritation, sooner or later, extends downward, affecting the throat and passages below. Nasal Catarrh is an eminently curable disease but it is *not* curable by local treatment alone, and all attempts to cure it by snuffs, washes fumigations, inhalations, injections, douches, &c., must end in disappointments. It is only when *appropriate* local remedies are used in connection with suitable constitutional treatment that recovery can be anticipated. No mere *routine* will suffice, but every case must be treated according to its own peculiarities and wants. In every case the blood must be cleansed, the disposition to take cold removed, and the general health and vigor improved as much as possible before the Catarrh will be radically cured. In short, as it has been well expressed, Nasal Catarrh is not a disease of the nose, but of the man, and the man must be made well in order to cure the Catarrh.

## CHRONIC SORE THROAT.

This disease also called Chronic Throat-ail, Clergyman's Sore Throat, and in medical books Chronic Pharyngitis, is a catarrhal inflammation of the Pharynx, or that part of the throat which can be seen through the open mouth.

In itself Chronic Throat-ail is not dangerous, but situated in the pathway to the Lungs, its natural tendency is to extend thitherward and to assume a serious character. It is a very prevalent disease, often existing for months unsuspected, because unfelt, except when a cold temporarily aggravates the irritation, and gives rise to a degree of soreness, which the enfeebled nerves of the part can feel: as the cold subsides, the sense of soreness ceases and the throat is supposed to be well; but the chronic inflammation remains and may be known by the following symptoms:

There is generally more or less hawking in the morning of a clear or frothy mucus, and very little during the day; in many cases the Uvula or soft palate is relaxed and touches the root of the tongue, causing a constant inclination to clear the throat. There is also much

tendency to dryness which extends to the posterior nasal cavities and is attended with itching. But the presence of this disease can always be determined by inspection which every person should learn to make for themselves by the aid of a mirror and strong daylight.

The color of a healthy throat is a uniform lively pink, the surface smooth and moist, and no blood vessels are visible. In a diseased throat the color is pale, with patches or streaks of red, and numerous small blood vessels are visible, while the surface has a roughened appearance or may present patches of swelled or thickened membrane of dark red color, or small pimples, or wart-like elevations of pale hue, which, in bad cases, become the seat of ulceration.

In persons of good constitution, and fair general health, this Chronic Throat-ail may for several years remain nearly stationary, but ultimately, and in many cases speedily, it extends down into the windpipe and Bronchial tubes.

## LARYNGITIS.

Catarrh of the Larynx, though rarely existing except in connection with disease above and below this organ, yet requires separate mention because of the importance of the Larynx (organ of the voice) and because here it becomes in many cases complicated with tuberculous disease or Consumption.

Laryngitis is characterized by hoarseness or loss of voice, with soreness and pain which is aggravated by efforts to speak, with distressing dryness and heat, and often a violent cough. When not complicated with tuberculous disease, Laryngitis is amenable to treatment and very curable. In this disease, Inhalations of medicated vapors are of great value when used in connection with judicious general treatment, for cleansing the blood and increasing the vigor of the system generally.

Any *merely local treatment* whether by Inhalations or otherwise, will afford only temporary relief and the ordinary practice of burning out the throat with nitrate of silver hastens the disease to a fatal termination.

## BRONCHITIS.

Just behind the upper part of the breast-bone the windpipe (Trachea) terminates in two branches (Bronchi) one to each lung. Immediately on entering the Lungs these Bronchial tubes are subdivided into smaller branches, and this subdivision is repeated until

the ramifications reach every portion of the Lungs, and the smallest tubes numbering thousands are scarcely larger than a hair, and hence are called Capillary Bronchi.

Bronchitis, or Bronchial Catarrh is an inflammation of the lining membrane of a part or all of the Bronchial tubes. When it occupies only a part of the larger Bronchi it is termed Local Bronchitis, and when it extends into the minute tubes is called Capillary Bronchitis. Other terms, such as Secondary Bronchitis, indicating that it is the result of some other disease, Plastic Bronchitis, denoting the nature of the Bronchial secretion, Senile Bronchitis, Winter Bronchitis, etc., do not require further mention here. It will thus be seen that the term Bronchitis refers to the *location* of the disease and not to its *nature*, and hence the phrase "Bronchitis in the throat" is an improper expression.

THE CAUSES OF BRONCHITIS OR BRONCHIAL CATARRH are numerous, and the disease varies in character according to the nature of the causes producing it. The most frequent cause is the gradual extension of Catarrh of the head and throat downward into the Bronchi.

Occupations involving the inhalation of dust, smoke, foul air, etc., give rise to a very serious form of the disease termed Mechanical Bronchitis and Miner's Bronchitis. It also often originates in "a cold in the chest" when it is at first acute, and then lapses into the chronic form. Secondary Bronchitis may be caused by any disease affecting the character of the blood. Hence more or less Bronchitis exists in connection with Consumption, Gout, Rheumatism, and various skin diseases are also its frequent causes. In many cases the "curing" of a Salt Rheum or Tetter by the application of a mineral ointment or wash is immediately followed by a cough, and other evidences of Bronchitis, in other words, the disease being in the blood, if repelled from the external skin breaks out on the inner surface. A cold may also cause an external tetter to disappear and locate itself internally in the form of Bronchitis.

Winter Bronchitis is often due to this cause, those affected by it, coughing and expectorating during winter and suffering from form of skin disease in summer.

THE SYMPTOMS OF BRONCHITIS also vary greatly according to its causes. In every variety of the disease there is cough, slight and infrequent in some cases, and in others violent and constant. The expectoration varies in appearance from transparent mucus, like the white of an egg, and more or less frothy, to thick, heavy, yellow or greenish, and sometimes bloody matter. The quantity raised may be so scanty as to be scarcely noticeable, or may amount to a pint or

more daily. When the quantity raised is excessive the disease is sometimes called Bronchorrhoea. There is rarely any pain, but in most cases more or less oppression or tightness of the chest, with difficult breathing. In some cases Hemorrhage occurs either from ulcers in the tubes tapping a blood-vessel, or from congestion, arising from irregular action of the heart. Sometimes the general health remains comparatively good for a long period, but sooner or later emaciation and debility ensue.

In most cases, however, the nature of the disease cannot be positively determined by the symptoms, but requires an examination of the chest by Auscultation and Percussion.

### Treatment of Catarrhal Affections.

The observance of certain *general* principles is essential to the cure of Catarrh, wherever it is located.

In the first place, the habit of taking cold on every slight exposure must be broken up or cured.

This requires the use of baths, frictions, etc., to increase the vigor of the outer skin and render it more hardy. But it is necessary to exercise care and judgment in adapting the remedies to the requirements of each case. A cold bath which would invigorate one person, might debilitate another. Hence, the frequency and manner of bathing should be carefully prescribed in each case.

Regular and systematic exercise in the open air is also indispensable in overcoming the tendency to take cold. This should be taken in most cases daily, and almost regardless of weather, but in every case the utmost care should be taken to avoid getting wet or chilled, and the amount and manner of exercise should be *prescribed with reference to the peculiarities of the case*. No exposure however, severe, is so injurious as confinement indoors, and the fear of taking cold, which deters invalids from going out except in fair weather renders them increasingly liable to colds. The proper ventilation of sleeping rooms is also essential to success in treating Catarrh—the *most injurious night air is always in the house*, and it is necessary to admit an abundance of the fresh out door air in such a manner as will not make the room uncomfortably cold.

In addition to the foregoing measures, it is necessary in many cases, and advisable in all, to wear *all wool* under garments during the whole year. In summer the flannels may be lighter than in winter, but should be *all wool*; it is doubtful whether the *color* is of any importance.

SECONDLY. Catarrh, being an internal skin disease, its cure requires that a radical improvement be effected in the state of the blood. Bathing, frictions, exercise, etc., as above described, conduce powerfully to this end, because they not only render the external skin more hardy, but also make it more active in exhaling waste and morbid products from the blood, and thus preventing the inner skin or mucous membrane from being overloaded and weakened by an undue proportion of this waste matter. The condition of the digestive and blood-forming organs must also receive attention, and all dyspeptic disorders be remedied.

This involves systematic attention to diet drink, etc., and specific medicines suited to the symptoms of each case.

THIRDLY. All special *causes* of Catarrh must be avoided; among these may be mentioned, the inhalation of impure air, dust, smoke. etc., also sleeping with the mouth open, taking hot drinks, eating too rapidly, etc. After a careful adaptation of *general treatment* in each case, we have to institute suitable

### Local Treatment.

In Nasal Catarrh the cavities and passages must be kept clear of accumulation, and detention of mucus, and appropriate medicines applied by means of Douches or Syringes. For twenty years I have used, in cases requiring it, a Syringe with a long curved pipe to be introduced into the mouth and pointed upward behind the palate, whereby the wash or medicine can be thrown forward into the nose and thus reach surfaces not accessible through the external nostril. I have used this form of Syringe made of silver, of glass, and of hard rubber, and it has been in use by the medical profession generally.

The medicines for the local treatment of Catarrh must be such as invigorate the weakened membrane, and stimulate to healthy action. In Nasal Catarrh they may be applied in a fluid form, or in powder as snuffs—in nearly all cases the liquid form is preferable.

In Pharyngitis or sore throat, suitable medicated Gargles, Washes and Inhalations can be used. In Laryngitis and Bronchitis, medicines can best be applied by means of Inhalations either of vapor or spray. Astringent or "drying" remedies in Nasal Catarrh are not curative, as they merely *suppress* the discharge without removing the cause, and their use may be dangerous, as the sudden suppression of Catarrh in the head is sometimes followed by disease of the Brain. Likewise the use of Caustics in the throat tends to drive the disease down, and is a fruitful cause of Laryngitis and Bronchitis.

## ASTHMA, or PHTHISIC.

This should be defined rather as a disease of the CHEST, than of the LUNGS. It consists in a deranged action of the nerves of the chest, diaphragm, and bronchial tubes, whereby respiration becomes distressingly difficult, and attended with loud wheezing. It is usually associated with more or less Bronchitis, and consequent cough and expectoration. It is not often a continuous disease, but occurs in paroxysms of longer or shorter duration. The attacks usually come on during the night—the patient retires apparently in ordinary health, and after a few hours is awakened by difficulty of breathing, threatening suffocation, and is often compelled to rise and remain in a sitting posture until morning.

The inspiration of breath seems to be more free than the expiration, and the Lungs become distended to their utmost capacity, and in extreme cases, some of the air cells are ruptured, forming rents and cavities, and irreparably injuring the action of the Lungs.

This is termed Emphysema of the Lung. It is an incurable condition, and involves the continuance of “Phthisical breathing” during life. The chief peculiarity of Asthma is its occurrence in periodic attacks, followed by intervals of complete or comparative health. In some cases the attacks are frequent and protracted, in others they are brief and followed by long periods of freedom.

One form of the disease known as Hay-fever or Autumnal Asthma, occurs annually. In Europe it prevails in June and July, but in this country its season, in nearly all cases, is between August 10th and October 1st. It is estimated that fifty thousand persons in the United States are subject to this singular affection. It differs from the more common forms of Asthma, in commencing like a violent cold in the head, with excessive sneezing and discharge from eyes and nose, for several days before the wheezing sets in, and in some cases the head symptoms continue during the whole period of the disease.

To chronicle all the curious caprices and peculiarities which different cases of Asthma present, would require much greater space than the limits of these essays will permit.

### The Causes of Asthma

are numerous and various. It is eminently a hereditary disease, and often appears at birth. In other cases a tendency only is inherited, which is developed by various causes. Among the most frequent are occupations involving exposure to foul air, dust, and irritating

gases. Other diseases, such as Dyspepsia, Female Complaints, Skin Diseases, Heart Diseases, may cause Asthma. In some cases Salt Rheum, or some other form of Tetter occurs alternately with Asthma, the skin disease appearing in the Summer and the Asthma in the Winter, or *vice versa*.

### Curability of Asthma.

This distressing disease is completely and permanently curable, even in cases of many years standing; and yet there is probably no form of Lung disease which so generally baffles the practitioner and is so generally voted incurable by the medical profession. I have witnessed the complete recovery of cases of from six to thirty-five years' standing, and the fact that some of these cases have remained well for seventeen years, justifies me in asserting its entire curability in many cases.

In order to cure Asthma, that careful adaptation of treatment to the varying necessities of each case is requisite, which can only be effected by special study and special experience; and the general practitioner, however great his attainments, cannot give sufficient time to the few cases coming into his care to acquire this special skill.

Moreover, it is necessary, in treating Asthma with a view to *curing* it, to pursue the treatment during the intervals of freedom from the disease, which occur in nearly every case. The use of some inhalant or smoking powder, or of any remedy which *relieves* the difficult breathing, will never *cure* the disease.

In order to effect a lasting and complete removal of it, a radical change in the condition of the blood, and a general toning up of the nervous system, must be effected, and this necessarily requires time. Asthma is nearly always a *chronic* disease, and requires chronic or protracted treatment, varying in different cases, from three to six months.

The proper treatment is invigorating and need not interfere with any ordinary avocation.

## Tubercular Consumption.

This dread malady, though more avoidable and preventible than any other serious disease, and fully as curable as any, yet carries one-fifth of our adult population to premature graves. It is equally prevalent and fatal throughout the civilized world. In the United States about one hundred thousand persons die annually of Consumption, and in Europe it destroys more than half a million in the same period.

Its prevalence is due to the fact that it is caused by errors in the mode of life and habits of civilized people. Its fatality is owing firstly, to an almost universal oversight of its early and most curable stage, and secondly to the general absence of any rational and systematic method of treating it.

If the medical profession deemed it a duty to point out the causes of Consumption, and to recognize and treat it during its preliminary stage there would be few deaths from it, and it would cease to be a familiar disease. But unfortunately there seems to be little disposition on the part of Physicians to impart information concerning the causes of this or any other disease.

And as if conscious of inability to institute curative treatment, many assert that this disease is essentially incurable, and discourage patients from making proper efforts to regain health.

Again Consumption is an *unfelt disease*—the Lungs have no nerves and hence no ability to feel pain, or to transmit depressing influences to the brain; this is the reason why consumptives are unconscious of their danger, and prone to defer and neglect treatment until too late. They affirm that they “feel first-rate” and are getting better, while daily nearing the grave. Physicians, too, often encourage them in this groundless hopefulness by assuring them that their lungs are well, when they know them to be seriously affected. I am not aware that any medical writer has heretofore called attention to the anatomical cause of this well known characteristic of consumption, and yet it is of vital importance, and its general recognition would do much toward abating the ravages of the disease.

Let it be generally understood that the Lungs have no nerves and hence no proper sense of feeling, that in fact it is possible for an entire Lung to become diseased,—literally destroyed,—and yet no pain or general depression be felt—and there would follow in the public mind a disposition to give due importance to the early indications of the disease, and to resort to treatment while it is most curable.

## The Causes of Consumption.

The proximate and essential cause in nearly all cases is *Defective Respiration*, and this results from a variety of conditions and habits of civilized life. One of the most frequent and fruitful is that of sleeping in closed and ill ventilated rooms, whereby the air is poisoned and repeatedly inhaled during sleep, when the power of the skin to throw off this poisonous matter is enfeebled.

Another very general cause is confinement to indoor life and occupations, and especially those of an inactive sedentary character, whereby the chest-muscles become feeble and respiration is defective. To these causes are added a variety of circumstances and conditions calculated to deteriorate the blood and impair the strength. The more common of these are insufficient food and clothing, excessive use of tobacco and other stimulants, excessive indulgence of the sexual appetite, prolonged nursing, habitual coldness of feet, sleeping with mouth open, the use of hot drinks, &c. Concerning

## The Nature of Consumption,

The great truth cannot be too well learned that, IT IS NOT A DISEASE OF THE LUNGS merely, but exists in the blood and system at large, for some time before it breaks out in the Lungs, or elsewhere in the form of tubercle.

During this preliminary stage the disease is nearly always curable, but as above stated it is rarely noticed and more rarely treated, and hence passes unchecked into the tuberculous stage. In the preliminary stage the blood is deprived of a large portion of its red globules and becomes charged with the elements of tubercle. But the tubercles are not yet found in the Lungs, and hence the disease cannot as yet be detected by Stethoscopic examination of the chest. But it may generally be recognized by its symptoms. Among the earliest of these, is a slow, gradual diminution of muscular vigor, which the patient is unable to account for, but which renders him unable to endure exertions which formerly were not difficult, and there is, consequently, a gradually increasing shortness of breath. With the loss of strength, but not always as early, there is a corresponding loss of flesh. The pulse loses its softness and fulness, and becomes more rapid than in health. The complexion becomes sallow and pallid, the features sharpen and their expression is careworn, though animated. Added to these, is the blind hopefulness, before mentioned, which often causes the patient to ridicule or resent any allusion to the idea that he is in danger of Consumption.

Dr. Cotton, of the Brompton Hospital for Consumptives, near London, England, says of this symptom: "So general is this almost instinctive blindness to the cause of distress, that if absent, other symptoms, however suspicious, may be regarded as unconnected with Phthisis." But Dr. Cotton seems not to have noticed that this false hopefulness is wanting in Consumptives who are also dyspeptic. The digestive organs are supplied with numberless branches of the great sympathetic nerve, which convey the distressing sensations caused by Dyspepsia to the brain, causing depression of spirits, fears of Consumption, etc., also giving rise to pain in the chest and other parts of the body.

It is important to bear in mind, that during the primary stage of Consumption, there is often neither cough nor expectoration.

### Pulmonary Stage.

Sooner or later the diseased blood begins to deposit its morbid matter in and between the air-cells of the Lungs, in rounded particles, varying in size, from that of a mustard seed to that of a large pea. These particles are called tubercles, which word primarily signifies, 'a little ball.' Tubercles are composed of a yellowish and greyish substance, of a cheesey consistence; it is unorganized or *dead* matter, and, as splinters in the external flesh inflame and fester it, so these tubercles inflame and destroy, by ulceration, the delicate, lace-like Lung-tissue enclosing them. In about ninety-eight per cent. of all cases of Pulmonary Consumption, tubercles are first formed at the summit of one or both Lungs, and thence extend downward. The deposit occurs here first, because this part of the Lungs first fails to breathe and exhale away the impurities constantly brought to them by blood. By inaction and sedentary habits, or otherwise, the muscles of the shoulders and upper part of chest become enfeebled—the upper ribs and collar bones settle in and rest against the summit of the Lungs, and respiratory action is diminished, or wholly ceases.

In a majority of cases, the disease is confined to one Lung, which is gradually destroyed from the top downward, until the system is exhausted and death ensues.

The symptoms of the Pulmonary stage of Phthisis are too well known to require detailed description here. There are very few persons of adult years who are not sadly familiar with the racking cough, the emaciation, the spitting of blood, the hectic fever, chills, sweats, and other characteristic features of the later stage of the disease.

## Is Consumption Curable ?

It is almost invariably curable in its incipient stage, and quite frequently so after tubercle has commenced forming in the Lungs, and occasionally, though rarely, a cure may be effected in the advanced stage of the disease.

That Consumption is curable even after the Lungs have become affected and partially destroyed, is conclusively shown by the discovery of healed cavities and scars in the Lungs of persons who have died of other diseases. Dr. Carswell, of London, examined the Lungs of seventy-two persons who had died of other diseases, and in twelve found scars where ulcers had formerly existed, proving, beyond a doubt, that these patients had, at some previous time, been cured of advanced consumption. Bodet, of Paris, in one hundred and forty-nine examinations found twenty-seven cases where entire recovery had taken place, also ten cases where a partial cure had been effected, part of the ulcers having healed, and a part being evidently in process of healing: the great Laennec, in far more extensive investigations, found about the same proportion of cases in which these scars existed. These investigations were made many years ago, and since then the number of similar cases which have been recorded in Europe and in our own country, is swelled to thousands. Indeed, very few medical students graduate in New York or Philadelphia, where the facilities for dissection are abundant, who do not have numerous opportunities of witnessing these *post mortem* proofs of the curability of Phthisic.

But I can present OTHER EVIDENCES OF THE CURABILITY OF CONSUMPTION which I am sure would be convincing to any one who would examine them.

For nearly twenty years I have kept printed and written records of the cases I have treated, each occupying from one to five large pages. The entire list comprises many thousand cases, recorded in some thirty-five bound volumes. An accurate account is given of the condition of each patient's lungs, when first examined, together with the treatment pursued, and its results. A few of these cases are cited in the appendix to these essays, scores could be added did space permit. I wish, however, to repeat here, that although there is irrefragable proof that thousands have recovered from advanced consumption, still they are few compared with the tens of thousands who have died with this disease, and therefore there is but slight encouragement for those who neglect treatment during its primary stage, when it is *always* curable.

## Treatment of Consumption

How then can a cure be effected? I reply, not by any single remedy, however valuable, nor by inhalations, nor by medicines alone, however numerous, or howsoever administered, nor by Electricity, nor any treatment based upon a single remedy or idea. Indeed, the fatality of Consumption is largely due to the common mistake of adopting treatment limited to medicines, and often to a single drug. Cod Liver Oil, Preparations of Iron, Whiskey, Iodine, the Hypophosphite Salts, and a great number of other drugs have professional sanction, and are in turn made the sole basis of treatment. In addition to these are innumerable Lung Balsams, Pulmonic Syrups and Lung Cures offered as unfailing remedies. Again many consumptives are advised to abandon all else, and resort to travel, which is of itself insufficient. Others are cheated of their possibility of recovery by the false, but plausible idea that consumption can be cured by medicated Inhalations. In order then to *cure* Consumption it is necessary to employ

## A System of Treatment

which shall render the entire mode of life remedial, and at the same time combine for each case according to its needs, strengthening and cleansing medicines, anodyne, pectoral and healing Inhalations, with Friction, Bathing and specialized breathing exercises to increase the breathing capacity, and general exercises used in a thoroughly Systematic and Remedial manner. Treatment of this kind can be adapted to the most debilitated cases, and at once begins to cleanse the blood, which is the seat of the disease, and increase the strength, allay the cough, and other annoying symptoms.

*To adjust such treatment to the varying necessities of each case in a successful manner, requires more special experience than falls to the lot of the general practitioner.*

## HEART DISEASES.

The Heart is the only vital organ directly connected with the Lungs. It contains four chambers communicating with each other, and with the large blood vessels by means of valves. Two of these chambers, or one-half of the Heart, is engaged in sending blood to the Lungs, and receiving it back from them.

The blood sent to the Lungs is that which has been used, and is brought to the Heart from all parts of the body through the veins. It is dark in color, and impure with waste matter, in this condition it is sent from the Heart through the Pulmonary Artery to the Lungs, where it is exposed to the action of the air, and at the same time much of its effete matter is exhaled away in the vapor of the breath. It is thus changed to a bright red color, and returns to the Heart through pulmonary veins, and is thence distributed to all parts of the body, renewing the substance and life of the constantly wearing out tissues. The blood is forced forward in its course, by the pumping action of the Heart.

Notwithstanding its complicated structure and functions, the Heart in health acts with great regularity, its pulsations being felt in the smallest arteries. But the Heart is possessed of acute sensibility, and when not at all diseased itself, it may be greatly disordered in its *action* by the presence of disease in other organs. Thus Dyspepsia, Diseases of the Liver, Female Complaints, and other ailments, give rise to distressing palpitations, intermitting pulsations, and even severe pain in and about the Heart without any alterations of its structure. Such disturbances are termed

### Functional Diseases of the Heart.

The palpitations, flutterings, tremblings, the smothering sensations, the feelings of weight or pressure, and other sufferings which characterize functional disorders of the Heart are often more distressing, than the symptoms of its more dangerous organic affections, but they are always curable by removal of their causes.

### Organic Heart Diseases.

There are three classes: those of the Pericardium, or membranous sack which encloses the Heart; secondly, those of the walls or body of the Heart; and thirdly, those of its valves and lining membrane. The limits of this circular permit only the briefest description of them.

Pericarditis is an inflammation of the Heart-case—it is caused by Rheumatism, Colds, etc.,—it is at first an acute disease, painful and very dangerous, but is not necessarily incurable. When it passes into the Chronic form, there is sometimes an effusion of fluid in the Heart-case which distends it to several times its natural size, and the Heart itself is left suspended in a sack of water. This result is called Dropsy of the Heart. In other cases Pericarditis results in an adhesion of the Heart-case to the surface of the Heart, embarrassing its action, and causing great distress. The walls or body of the Heart are subject to several forms of disease. Sometimes they become thickened, and the Heart is thereby increased in size and weight—this is termed Hypertrophy, which means overgrowth, or enlargement of the Heart. Again, the walls of the Heart become debilitated and yield to the strain of propelling the blood, and become too thin and distended; in this condition the Heart is increased in size, but not in weight, this affection is called Dilatation of the Heart. It is a most distressing and dangerous disease, rendering the Heart liable to rupture or bursting. There are several other diseases of the walls of the Heart, which need not be described here.

Diseases of the valves of the Heart are of frequent occurrence, and always place the life of the patient in jeopardy. In a majority of instances they result from badly treated inflammatory Rheumatism, but may arise from other bad states of the blood. In these diseases one or more of the valves become thickened or fringed with bead-like tumours, which prevent their complete closure—and the current of blood regurgitates in passing from one cavity to another, causing sounds like the purring of a cat or blowing of a bellows.

Valvular diseases always imperil life.

## The Symptoms of Heart Diseases

Vary according to the nature of the disease existing, but a classification of them will not be expected here. In general they comprise pains about the heart and left side, generally sharp and transient, but frequent—headaches, dilatation of the pupil of the left eye, giving it a staring or enlarged appearance, coldness of tips of nose and ears, and convulsive action of the Heart, with feelings of pressure and constriction, inability to lie on left side, distressing shortness of breath, dry, wheezing cough, dizziness, momentary blindness, beating or humming sound in the ears, an apprehensive state of the mind, an indefinable dread, or sense of danger, which oppresses the patient, whether he be conscious of having Heart disease or not. In the more serious cases general dropsy usually occurs.

## Curability of Heart Disease.

Organic affections of the Heart are usually deemed incurable, and little effort is made to treat them. But I can truthfully assert that they are often completely curable, and when not so, they may be so alleviated as to cease to be dangerous, or a source of much discomfort. Again, in many cases Functional disorder of the Heart is mistaken for organic disease, and abandoned as hopeless, while by appropriate treatment it is entirely curable.

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## DYSPEPSIA and its COMPLICATIONS.

No Chronic Diseases are so certainly, completely and permanently curable as those of the stomach and its accessory organs, and yet none are so prevalent, and none so frequently baffle the skill of the general practitioner.

Probably twenty per cent. of the entire adult population suffer more or less from disorders of these blood-forming organs.

The failure of physicians in general practice to relieve these, is owing, chiefly, to two errors in their mode of treatment. In the first place it is not comprehensive—they attribute the sufferings of the disorder of a single organ, when in fact the whole digestive group is affected. With many practitioners the study of a single organ becomes a hobby, and they can see in a dyspeptic, only a disordered stomach, or a bad liver, or inactive bowels, and treatment is based upon the narrow theory they chance to form.

In the second place, they depend too much on *medicines* and thus fail to remove the causes of the disease.

Dyspepsia is a disorder affecting *all* the blood-forming organs, including the Stomach, Bowels, Liver, Spleen Pancreas, Kidneys and Lungs, and any treatment is defective which does not take cognizance of an entire group. It is true, however, in most cases, that one or two organs are more affected than the rest, and hence there is a partial propriety in describing one case as "Liver Complaint," another as "Stomach trouble," etc., but the *treatment* in order to be successful *must include the whole*:

## The Causes of Dyspepsia

Are almost invariably found in the habits and mode of life. One of the most common is the truly American habit of *eating too hastily*—swallowing the food without chewing it, and hence without its being mixed with the saliva. Not being properly prepared for the stomach, it remains there much longer than it should; and often the solid and tough morsels are not digested at all, but pass through a spontaneous decomposition promoted by the warmth and moisture of the stomach, and gases and acids are formed, causing great distress; and the undissolved lumps are finally expelled by vomiting, or else pass through the bowels and cause diarrhœa.

Another habit usually accompanying the above, and aggravating its effects, is that of taking too much drink, and especially hot drink at meals—the fluids thus taken dilute the digestive juices, and render digestion difficult and tardy. Eating at bedtime, and too frequently, are common causes of indigestion. The stomach needs rest after its fatiguing labors, and fully six hours should intervene between meals. Sedentary habits, or in other words, lack of exercise, is also a fruitful cause of indigestion. Clergymen, lawyers, teachers, merchants, clerks, seamstresses, factory operatives, and all whose occupations are inactive, suffer from this cause, and when dyspepsia thus arises, it is more liable to result in Consumption than in the case of persons who have considerable exercise. Limited space compels me to name other causes of dyspepsia more briefly. The use of tobacco, strong coffee, and alcoholic drinks also deranges the digestive functions. They are also disordered by bad diet, excessive use of pork, green vegetables, pickles, preserves, pastry warm bread, and biscuit, highly seasoned food, as sausages and mince pies. Among other causes, may be named, excessive study, or extreme bodily fatigue, prolonged watching, debilitating losses, and habitual use of cathartics. These causes I have named as being most avoidable.

## The Curative Treatment of Dyspepsia is that which makes the Mode of Life Remedial.

This involves a careful and minute inquiry into the condition, circumstances and habits of each patient, and a rigid criticism and pruning of all that is promoting the disease. It is not sufficient to give general rules for the guidance of invalids—to say, “eat what agrees with you,” take exercise,” etc., but each case must be studied on its

own merits, and *its* faults corrected, and *its* wants provided for, and *specialized* instructions given concerning the quantity and quality of food and drink—the times and manner of taking them—concerning exercise, bathing, occupation, sleep, ventilation, clothing, etc., etc.

In order to effect a cure, however, it is not enough merely to correct the mode of life. The disease may arise from these causes, and yet become so established as to remain after their removal, in the form of a chronic inflammation, or a debility too extreme to permit the system to react without the assistance of medical and hydropathic remedies.

But the whole treatment whether Hygienic, Hydropathic or medicinal must be adapted to the requirements of each case. There is no cure-all or panacea for any disease, nor is there any routine of regimenal treatment which will suit all cases.

But by *appropriate* treatment Dyspeptic ailments can be speedily relieved, and completely cured within three to twelve months, according to the duration of the case and constitution of the patient. To describe fully HOW A DYSPEPTIC FEELS and suffers, would comprise A CHAPTER OF HORRORS altogether exceeding the limits of this article.

The following epitome of Dyspeptic Symptoms includes many which are common to all cases without describing any case in full: The mind is depressed and gloomy, there is often a taciturn disposition, an unwillingness to speak, or be spoken to, amounting at times to extreme irritability and moroseness of temper, loss of memory, languor, listlessness, indisposition to exertion—"feeling tired out without doing anything to tire me"—drowsiness during the day, and wakefulness and restlessness at night, with bad dreams, etc.

Of pains arising from Dyspeptic disorders, are dull heavy headaches, sick headaches, violent nervous headaches, dull pain about the right shoulder and breast, aching in left breast and shoulder, stitches and shooting pains about the heart, pain in stomach after eating, soreness in stomach, backache, heavy aching in lower limbs. dimness of sight, dizziness and various confused feelings in the head.

The Stomach Symptoms also include burning, waterbrash, acidity, belching, fullness or feeling of weight, nausea, vomiting, spitting up food, uneasiness and distress after eating, etc. The tongue is coated and there is a bitter taste in the mouth in the morning. The bowels are generally costive, but may be loose or regular. The urine varies in color or quantity, but is generally scanty and dark in color, and deposits much sediment. The feet and hands are cold, with alternation of burning. The complexion is dull, sallow, bilious. The general aspect careworn and melancholy.

Dyspeptic disorders give rise to a number of other ailments, varying according to the hereditary tendencies of the patient. Among the more frequent of these are diseases of the Throat and Lungs, Skin Diseases, Female Complaints, Piles and Heart Disease. When such complications exist, it is futile to try to cure the more serious disease, without removing the entire condition from which it has arisen, and mere local treatment like the application of caustics in the throat and for female diseases, and the use of inhalations in Lung disease, is worse than useless.

The foregoing remarks refer to those cases in which the ailments consist mainly of debility, and *defective action of the digestive organs*, attended by a low grade of chronic inflammation or "inward fever" which pervades the entire abdominal region. This class comprises a large majority of all who suffer from disease of the alimentary organs. But there remain to be described the organic affections of the same region, of which but brief mention can here be made.

THE STOMACH is subject to inflammation (Gastritis) attended with pain after eating, soreness, burning, etc. In some cases the mucous membrane secretes a large amount of thick, glairy mucous, when the disease is called Gastric Catarrh.

Ulceration of the stomach occurs in long standing cases of Dyspepsia, and is especially liable to appear in persons past the age of forty-five.

It is a dangerous disease yet very curable, as are Gastritis and Gastric Catarrh. The stomach may also be the seat of Cancer, and other affections which do not come within the scope of this pamphlet.

The LIVER is also subject to a number of organic diseases, some of which are curable, others incurable. Among the latter is the "Hob-nail disease," caused by habitual use of stimulating drinks. The use of Mercury whether in the form of Calomel or Blue Pill, renders the Liver weak and inactive, and if long continued, causes it to become seriously diseased.

CHRONIC DIARRHOEA is a disease of the small bowel, and when caused by Scrofula, it is termed *Consumption* of the Bowels, and is a most dangerous malady, and seldom curable. Other forms of this disease are quite curable, even when of long standing.

CHRONIC DYSENTERY is a disease of the large bowel, in which there are discharges of mucus and bloody matter, with otherwise healthy evacuations, and pains and soreness in left side of abdomen. It is usually curable, but requires protracted treatment, and much restriction of diet. CATARRH OF THE RECTUM or lower bowel, and ulceration of the same, are of comparatively rare occurrence and are quite curable. COSTIVENESS, though not an organic disease, seems to re-

quire special mention. In ninety-nine of every hundred cases, it consists of a debility of the larger bowel with slight inflammation of its lining membrane. This form of the trouble is always entirely curable, without the aid of cathartics. Indeed the use of cathartics or physic increases the difficulty instead of removing it. In a *few* cases, costiveness is owing to a paralytic state of the bowel. In other cases it is caused by obstruction from Piles, falling of womb, etc. In these cases it is usually curable.

PILES or HEMORRHOIDS are curable in most cases by medicinal and regimental treatment. I have witnessed the recovery of bad cases of many years standing without recourse to surgery. In some cases however, recovery is prevented because the habits and mode of life which have produced the disease, cannot be corrected or changed.

Among the more common causes are Costiveness, Heart Disease, sedentary occupations, use of tobacco, coffee, and strong tea, excessive lifting, etc.



## URINARY COMPLAINTS

comprise, first, DISEASES OF THE KIDNEYS whereby the character and quantity of the urine is affected, and secondly, DISEASES OF THE BLADDER and URETHRA in which the passage of urine is rendered difficult, too frequent or otherwise distressing. The Kidneys act as filters, and separate from the blood certain salts which must be dissolved in order to be washed out of the body. These salts are a portion of the waste material constantly forming in the body by the death and decay of its tissues.

The fact was long ago established by Physiologists, that the body is constantly undergoing decay and renewal. The cells and atoms of the various tissues and organs are incessantly dying and being removed and their places are at once filled by new material. Formerly it was estimated that the entire body was thus destroyed and renewed once in seven years; but it is now known that in good health this occurs about three times in one year. This wonderful change is effected by means of the circulation of the blood. The food or nutriment taken is formed into arterial or nourishing blood, by means of the digestive organs and lungs. This blood is thrown by the heart to every portion of the body, and supplies the material for renewing the worn

out tissues. The waste matter is received into the veins, and is thrown out of the body through the lungs, skin, bowels, and kidneys. Some of it comes away in the form of vapor in the breath and perspiration; some is deposited in the bowels, and passes away in a comparatively solid form; and the remainder, consisting of salts of uric acid, is dissolved and washed away in the urine. These urinary salts, if retained in the system, are highly poisonous, and when the kidneys remain inactive for a considerable time serious disease will result. But, in addition to their own work, the kidneys often assume in part the functions of other organs. Thus when the liver is inactive bile is found in the urine, and when the lungs are congested or partly closed by hepatization, some of the matter which should be thrown off in the breath, is passed off in the urine; in a like manner disease of the brain, and of other organs and tissues, changes the character of the urine. But it is not true as claimed by advertising Uroscopists, that examination of the urine will reveal the presence and character of any disease, and indicate the treatment needed. I have for years made a chemical analysis of the urine in cases requiring it, but it is unnecessary and useless in most cases of lung disease, and in a majority of dyspeptic cases. Diabetes is a disease of the liver, stomach, and kidneys, (and probably of the spleen and pancreas also,) in which the quantity of urine is enormously increased, and it contains more or less sugar. It is a most serious disease, and seldom cured if not treated in its early stage.

Diuresis is an affection of the kidneys, in which the urine is also greatly increased in quantity, but contains no sugar. This disease is far more curable and less dangerous than Diabetes. The average amount of urine, in health, is one pint per diem of twenty-four hours for each fifty-six lbs. of a persons weight.

When this average is exceeded, a careful analysis of the urine should be made as early as possible, for if caused by Diabetes, it is of vital importance that proper treatment should at once be adopted. There are several other organic diseases of the kidneys, which need not be described here, as they do not fall within my specialty.

## CATARRH OF THE BLADDER

and Urethra is an affection of comparatively infrequent occurrence. Its principal symptoms is the presence of mucus or "phlegm" in the urine which renders the passage difficult and tardy.

It occurs chiefly in persons past the age of forty-five, and when of long standing is liable to bring on paralysis of the lower limbs. In 1863 I was consulted by a lady seventy-four years of age, who had

suffered from this disease for several years. About a gill of heavy, yellow matter was passed with her urine daily. Her lower limbs were partially paralyzed, and she could not stand erect, but was able to get along slowly by aid of two short canes, about eighteen inches long, so that she appeared almost as if creeping. After some two months treatment the mucus had disappeared from her urine, and I had the satisfaction of seeing her walk briskly into my office with the aid of a single ordinary cane. She could stand nearly upright, could sit down, kneel, and rise without difficulty, which had not been the case for months before coming to me.

The URETHRA or neck of the bladder, as well as the bladder itself, is subject to chronic inflammation, and thickening with great irritability, and the consequence is a most distressing frequency in urinating with severe pain and straining. In some cases it amounts to what is termed Strangury, in which with an almost constant inclination to urinate only a few drops can be voided at a time. This disease is most frequently complicated with female complaints, but is sometimes induced by injudicious use of fly blisters. It is variously named Dysuria, Irritable Bladder, etc. In many cases it is promptly curable, but some times is so complicated with other obstinate ailments, that recovery is slow.

Enuresis, or "wetting the bed" by children during sleep is a most annoying trouble, but happily is in most cases speedily curable. I have successfully treated cases where this ailment had continued from infancy to the age of eighteen.

## Treatment of Urinary Diseases

Must be largely Hygienic, in order to be successful. The pretense of Uroscopists that by analysis of the urine, they can determine what is wanting in the blood, and supply it in the form of a specific drug, is fallacious, and such treatment can only end in disappointment. The principles of correct treatment of these disorders have been explained already in the article on Dyspepsia, and its Complications.

## FEMALE COMPLAINTS.

Language would fail me, if my space permitted, were I to attempt a description of the miseries involved in the above named ailments. Consumption is comparatively a merciful disease, for it is attended with little suffering, and terminates fatally, and often speedily, but female complaints may render life almost unendurably wretched, and yet not destroy it.

They vary in kind and severity, from a slight "weakness" or irregularity, to severe and constant inflammations and displacements which burden every fibre of the body with pain, and fill the mind with gloom and melancholy amounting sometimes to insanity.

Probably more than four-fifths of American women, suffer from some of these disorders, and yet there are none more preventible and few more curable. Like most chronic diseases this class also springs from errors in the mode of life.

One of the principle causes is lack of exercise, and especially of outdoor activity. There is no greater preservative of female health and beauty, than an abundance of exercise in the open air, and particularly that of walking. But unfortunately this fact is ignored to such an extent that it is difficult to find an American woman who can walk more than a mile or two without excessive fatigue. If the benefit of walking were duly known and appreciated the ability to walk five or six miles with ease would be cultivated and deemed a more desirable accomplishment than excellence in music. Errors in dress are also fruitful of much derangement of female health.

By tight lacing the Stomach, Heart and Liver are pressed upward, and the bowels and kidneys forced downward, crowding the womb out of place, and this effect is aggravated by the weight of skirts worn without suspenders. From these causes result the "sinking all gone feeling" at pit of stomach, and "dragging down" sensation so often complained of, and much of the pain in the back.

The use of thin, tight shoes, with high heels is also responsible for a great deal of female suffering. It induces coldness of the feet and lower limbs, and the deficiency of blood here is balanced by overpressure or congestion in the veins of the womb and its appendages.

The use of coffee, strong tea, rich and indigestible food, renders the nervous system irritable and intensifies the suffering arising from the above causes.

In young women the result is irregularity of the menses, Leucorrhoea, Dysmenorrhea or monthly pain which is sometimes of a most excruciating character, with weakness and pain in the back, headaches, paleness and sallowness of the skin. In some cases the menses are

delayed and scanty, while in others they are too frequent and profuse.

In married women the above causes result in barrenness, in prolapsus or displacement of the womb, or in miscarriage with inflammation and ulceration, enlargement and other troubles too numerous to mention.

In this class of cases the mania for local treatment by means of caustics, is productive of quite as much injury as it is in Throat diseases. With many practitioners burning the neck of the womb with nitrate of silver, is about the sole treatment for ulceration and enlargement, and I can most truthfully assert that it is not only unnecessary, but is positively hurtful, in ninety-nine cases out of a hundred. In many cases it affords temporary relief, but the disorder soon recurs, or else the morbid action is driven in upon the body of the womb, or the ovaries, and becomes a more dangerous disease than before.

In multitudes of cases, however, it returns in a short time to its original location, when the cauterizing process is repeated. I have been consulted by ladies who, during a period of eight or ten years, have passed through this operation hundreds of times, the complaint constantly recurring within a few days after the application of the caustic, and have had the gratification of seeing such cases recover, under proper treatment, without even being subjected to an examination. The cases in which cauterizing has brought on disease of the ovaries, etc., are more serious and more difficult, but still are generally quite curable, by persevering use of Hygienic and Hydropathic treatment, aided by proper specific remedies.

## The Treatment of Female Complaints

Can only be *outlined* in the limits of a pamphlet like this.

In no class of maladies is it so essential to scan closely the mode of life and habits of the patient, in order to point out THE CAUSES of the disease.

In each case the existing causes must be ascertained and abated, and having done this we come to the consideration of the *remedies* to be used. These comprise, first, SPECIALIZED EXERCISES which will tend to tone up and strengthen the muscles and ligaments, which have lost their vigor, and send them a better supply of blood, and regulate its circulation.

SECONDLY.—Various Hydropathic measures, including hip baths, sponge baths, donche baths, compresses, packs, etc., etc., are prescribed in each case according to its requirements.

THIRDLY.—The use of MEDICINES, local and internal, is necessary in all cases. By proper local remedies, the relaxed tissues can be toned and stimulated to healthy action, and the morbid secretions and discharges *gradually* diminished till they wholly cease. Ulcerations, Engorgements, Swellings, etc., can also be gradually reduced till removed. This curative work is seconded by giving internally certain medicines which exert a *special* influence on the nerves and bloodvessels of the womb and its appendages. These remedies must be selected with reference to their particular relation to each case, when this is done, the beneficial result is often little short of marvellous.

FOURTHLY.—In some cases of displacement, etc., certain MECHANICAL SUPPORTS are of great value *for a short time*, but they can usually be dispensed with after a few weeks' use. I have given much attention to this point, and am convinced that these appliances though necessary and extremely valuable in occasional cases, yet should be avoided when practicable.



## SCROFULA.

The peculiar impurity of the blood which is called Consumption when it forms tubercles in the Lungs or elsewhere, is termed Scrofula, when it affects the bones, joints and lymphatic glands, and other tissues and organs. It rarely, if ever affects the external skin, though several varieties of tetter are incorrectly called Scrofula. When it attacks the glands of the neck, armpits, etc., they become much enlarged and painful, and are filled with matter resembling tubercle which slowly softens, and is discharged. But this discharge does not free the blood of the elements of the disease, and unless proper treatment is adopted, it continues to be developed, and finally ends in rapid Consumption. The ordinary practice of applying Iodine to the swollen glands is exceedingly unsafe, and often results in driving the disease at once to the Lungs.

But Scrofula yields readily to proper treatment if adopted early, and often after the patient has been greatly reduced by it, I have witnessed the complete recovery of cases of many years standing, in which there was extensive destruction of bone and softer tissues.

## CHRONIC SKIN DISEASES

Of every kind are more or less dependent on a vitiated state of the blood, and require constitutional, as well as local treatment.

But any local remedy which causes a scaly or eruptive disease to disappear suddenly is highly dangerous. Such treatment, however, is unfortunately common, and many a case of Consumption, Bronchitis, or other serious disease can be traced to the use of some mineral ointment or lotion for a skin disease.

By rational treatment both local and general, every form of cutaneous disease may be radically and permanently cured.



## References and Testimonials.

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To the invalid seeking medical advice, the question, whether a physician is reliable and trustworthy, is scarcely second to that concerning his professional skill. This is especially true in regard to those who solicit patronage by advertising.

I, therefore, deem it a duty to present the following letters and notices of a personal character.

*From the People's Monthly.*

CONCERNING DR. SYKES,

Whose card appears in another column, the Hon. George H. Thurston, President of the Pittsburgh Board of Trade, remarks as follows, in the *Quarterly Trade Circular*:

A departure is made from the custom of this publication to call attention of our readers to the special advertisement of Dr. J. W. Sykes. Although devoting his time and skill to an especial group of diseases, Dr. Sykes is not one of a class known as itinerant physicians, but has, for many years, been a permanent resident in Pittsburgh. Personally known to the editor of the *Circular* for a number of years as a man of integrity; conscientious in the following of his profession, the habit of this paper has been waived to ask the attention of individuals to the testimonials to Dr. Sykes' skill, and to say that he would not knowingly publish anything but facts.

*From the Religious Telescope.*

We wish to invite special attention to the advertisement of Dr. J. W. Sykes, of Pittsburgh, Penn., printed on the seventh page of this issue of our paper. Dr. S. is highly spoken of as a practitioner in the

special diseases to which he devotes his attention and skill. Among others received by us, we take pleasure in transferring to our columns the following testimonials from the editors of the *Pittsburgh Christian Advocate* and *United Presbyterian*:

PITTSBURGH, May 16, 1867.

*Publisher Religious Telescope:*

DEAR BROTHERS: I take pleasure in stating for your information that Dr. J. W. Sykes, of this city, is a reliable and skillful medical practitioner, and justly distinguished in his specialty—the treatment of the lungs. He will not dishonor any words of commendation you may make in his interest in the *Religious Telescope*.

Respectfully

S. H. NESBIT,

Editor *Pittsburgh Christian Advocate*.

Office of the *United Presbyterian*,  
No. 74 Third Street,  
Pittsburgh, May 20th, 1867. }

*Editors Religious Telescope—Sirs:*

Dr. J. W. Sykes having applied to us for a letter of recommendation, we take pleasure in stating that he has the reputation here of being at the head of the medical

school in the treatment of the lungs and other kindred diseases. And further, we are gratified at being able to say that he is a Christian gentleman, and in every way worthy of any commendation that you may give him in your influential and widely-circulated paper. With much respect we are

Your obedient servants,

D. R. KERR & Co..

Editors and Proprietors *United Presbyterian*.

*From the Pittsburgh Advance.*

Attention is called to the advertisement of Dr. J. W. Sykes, which will be found in another part of our paper. Dr. Sykes has been long and favorably known in this city, both as a man and an able physician. In treating the diseases which he has made a specialty, and to the study of which he has devoted his life, he has been eminently successful—more so, perhaps, than any other physician in the two cities. We happen to be personally acquainted with some of the persons whose certificates appear in his advertisement, and know them to be men of truth and honor, who would scorn to lend their names and influence to practice an imposition on the community. Read these testimonials. Those who are afflicted with any of the diseases which Dr. Sykes professes to cure, may consult him in confident hope of relief.

*From the Methodist Recorder.*

#### GRATUITOUS ADVERTISING.

Below we append an extract from a letter written several years ago to

the *Pittsburgh Christian Advocate* and published in that paper as a regular communication, without charge and without solicitation on the part of Dr. Sykes. It is evident that a man must conduct his business with rare fidelity and success when others are thus constrained to advertise it for him.

The writer of the letter, Rev. Wesley Smith, is well known throughout the Parkersburg (W. Va.) and Pittsburgh M. E. Conferences as an author of several popular works, and an effective and eloquent preacher:

"MR. EDITOR: Permit me to call the attention of your readers to Dr. Sykes' card in the *Advocate*. I ask this because I receive numerous letters asking my opinion in regard to Dr. Sykes system of treatment in affections of the throat and lungs. I could give a number of cases of consumptives considered almost hopeless, who were recovered by his treatment, and who now enjoy good health. I have the fullest confidence in his mode of treating consumption. He is equally successful in the treatment of nasal catarrh, tetter, and, in a word, most if not all chronic diseases. Under God, I owe my life to Dr. Sykes. To those who are not personally acquainted with Dr. Sykes permit me to say that should they have occasion to consult him, they will find him a most gentlemanly, kind-hearted man, and they may place the utmost confidence in his integrity and uprightness. The press could not do a greater favor to those afflicted with that terrible disease, consumption, and other chronic complaints, than to copy this communication.

WESLEY SMITH.

I take pleasure in referring to the following gentlemen, who have had knowledge of myself and of my mode of treatment:

Rev. M. L. Anderson, Rosendale, Mo.

Rev. John Alford, New Castle, Pa.

Rev. T. B. Anderson, N. Bedford, Pa.

Rev. H. Appleton, Pleasant Unity, Pa.

Rev. Joseph Barkley, Sedalia, Mo.

Rev. Jacob Bird, Mason City, W. Va.

Rev. Geo. H. Brown, Cochran-ton, Pa.

Rev. R. M. Brown, Rouseville, Pa.

Rev. L. N. Baird, D. D. Allegheny, Pa.

Rev. A. Baker, Hanoverton, O.

- Rev. E. Birkett, Mount Union, O.  
 Rev. W. J. Bollman, Congruity, Pa.  
 Rev. J. R. Brittan, Greenville, Pa.  
 Rev. E. B. Blundon, Burning Springs, West Virginia.  
 Rev. E. B. Cummings, Clinton, Wis.  
 Rev. G. W. Cranage, Pittsburgh, Pa.  
 Rev. D. B. D. Coleman, Blairsville, Pa.  
 Rev. W. A. Cardwell, Richland, Kan's.  
 Rev. J. P. Campbell, Cambridge, Ohio.  
 Rev. Samuel Cover, New Geneva, Pa.  
 Rev. Luther Dodd, Toledo, Iowa.  
 Rev. W. F. Ewing, Allegheny, Pa.  
 Rev. Samuel Fulton, Philadelphia, Pa.  
 Rev. E. S. Gillett, Youngstown, O.  
 Rev. J. D. Gans, Easton, W. Va.  
 Rev. T. M. Hartley, Ellenboro, W. Va.  
 Rev. S. M. Hickman, Monongahela City, Pa.  
 Rev. J. S. Hawk, Wilkins, Pa.  
 Rev. J. H. Hall, DeRuyter, N. Y.  
 Rev. S. M. Hitchens, Moundsville, W. Virginia.  
 Rev. G. M. Hair, McKeesport, Pa.  
 Rev. W. H. Haney, Cedarville, O.  
 Rev. D. R. Imbrie, Ottawa, Kansas.  
 Rev. J. M. Jones, Cowansville, Pa.  
 Rev. W. R. Hutchinson, Glade Mills, Penn'a.  
 Rev. W. E. Hunt, Coshocton, O.  
 Rev. John Kidney, Graysville, O.  
 Rev. N. R. Kirkpatrick, Bloomington, Illinois.  
 Rev. Wm. McKain, State Lick, Pa.  
 Rev. S. Y. Kennedy, New Lisbon, Ohio.  
 Rev. J. M. Kelly, Cross Cut, Pa.  
 Rev. Joseph King, Allegheny, Pa.  
 Rev. A. B. Leonard, Pittsburgh, Pa.  
 Rev. Wm. Lorimer, Morning Sun, Iowa.  
 Rev. W. P. Moore, Allegheny, Pa.  
 Rev. W. M. Mullenix, Morgantown, W. Va.  
 Rev. E. L. McElree, Freeport, Pa.  
 Rev. J. W. Miles, Meadville, Pa.  
 Rev. H. C. McBride, Connellsville, Penn'a.  
 Rev. G. W. Methony, Jollytown, Penn'a.  
 Rev. P. MaGowan, Beaver Falls, Penn'a.  
 Rev. J. D. Moorhead, new Texas, Penn'a.  
 Rev. S. H. Nesbit, D. D., Pittsburgh, Pa.  
 Rev. John Newell, D. D., Wilkinsburg, Pa.  
 Rev. Geo. Orbin, Leechburg, Pa.  
 Rev. I. C. Pershing, D. D. Pittsburgh Pa.  
 Rev. I. A. Pearce, New Philadelphia, Ohio.  
 Rev. J. S. Patterson, Fairmount, W. Virginia.  
 Rev. Louis Payne, Lincolnville, Ohio.  
 Rev. David Paul, D. D., New Concord, Ohio.  
 Rev. G. M. Potter, Sharpsburgh Pa.  
 Rev. S. A. Potter, Darlington, Pa.  
 Rev. A. A. Reger, Parkersburg, W. Virginia.  
 Rev. W. N. Reno, Dunkirk, New York.  
 Rev. B. F. Rogers, New Martinsville, W. V.  
 Rev. W. M. Rider, Weston, W. Virginia.  
 Rev. E. D. Richardson, Shedd's Corners, New York.  
 Rev. Thomas Sproull, D. D., Allegheny, Pa.  
 Rev. J. S. Speer, Buena Vista, Pa.  
 Rev. Wesley Smith, Wilkinsburg, Penn'a.  
 Rev. J. T. Shaw, Chicago, Ill.  
 Rev. J. M. Smith, Perrysville, Pa.  
 Rev. J. A. E. Simpson, Mechanics-town, Ohio.  
 Rev. E. K. Squier, D. D., Pittsburgh, Pa.  
 Rev. W. D. Stevens, Coppersdale, Penn'a.  
 Rev. E. B. Snyder, Allegheny, Pa.  
 Rev. B. S. Sloan, Penn Run, Pa.  
 Rev. J. E. Starkey, Winchester, O.  
 Rev. J. H. Shields, Crestline, Ohio.  
 Rev. H. J. Smith, Brownsville, Pa.  
 Rev. W. Townsend, Beatty, Pa.  
 Rev. S. M. Taggart, East Palestine Ohio.  
 Rev. S. H. Thompson, Canandaigue New York.  
 Rev. A. W. Taylor, Ripley, New York.  
 Rev. J. W. Witherspoon, Allegheny, Penn'a.  
 Rev. W. S. Wood, Duncan, Pa.  
 Rev. W. G. Waddell, New Athens, Ohio.

Rev. W. B. Watkins, D. D., Pitts-  
burgh, Pa.

Rev. D. Warnock, Urbana, O.

Hon. Geo. H. Thurston, President  
Pittsburgh Board of Trade.

Hon. W. C. McCarthy, Mayor of  
Pittsburgh.

Hon. L. L. McGuffin, New Castle,  
Penn'a.

#### Cases of Nasal Catarrh and Laryngitis.

MANNINGTON, Marion, Co., W. }  
Va., March 1, 1869. }

DR. J. W. SYKES: Dear Sir—I  
have long intended to communicate  
to the public the results of your  
treatment in my case.

Ten years ago I consulted you by  
letter for a dreadful Catarrh and  
Bronchitis, which threatened to  
terminate my life. I had Nasal  
Catarrh a long time, and the offen-  
sive discharge finally gave rise to  
ulceration of the back parts of my  
nose. The irritation had also ex-  
tended down my windpipe, causing  
much coughing. In addition to  
these troubles, my stomach and  
other digestive organs were badly  
diseased.

I consulted you by letter, and am  
happy to testify that your treatment  
promptly arrested the ulceration,  
and in a few months entirely re-  
stored my health, and it has to this  
day remained good.

Truly yours, B. N. NEELY.

GREELEY, COL., Aug. 28, 1871.

DR. J. W. SYKES: Dear Sir—I  
have been cured by your treatment  
of that distressing disease, Nasal  
Catarrh, with which I had been a  
long time afflicted, and I never en-  
joyed better health than now.

You are at perfect liberty to use  
my name or refer any one to me, for  
I was certainly *cured* of Catarrh by  
your treatment,

Respectfully yours,

MRS. MARY McELROY.

*From Rev. Geo. H. Brown of Erie  
M. E. Conference.*

ESPYVILLE, Crawford Co., Pa., }  
June 28th, 1871. }

DR. SYKES: Dear Sir—My  
health is in every respect improv-  
ing. I feel that I am permanently  
cured of the Catarrh. I have been

greatly benefited by your treat-  
ment. I shall ever esteem it a  
pleasure to recommend your treat-  
ment and counsel to the afflicted.

Respectfully yours,

GEORGE H. BROWN.

CORSICA, PA., Dec. 12, 1870.

Having tried, without relief, the  
remedies of other physicians for  
Nasal Catarrh, which had annoyed  
me very much for about two years,  
I consulted Dr. Sykes, and as it is  
now about two years since the symp-  
toms of the disease disappeared, I  
have every reason to believe that  
his treatment, under Providence,  
was instrumental in effecting a com-  
plete cure. It was also very bene-  
ficial in improving my general  
health, which had become much  
impaired.

MISS M. F. RITCHIE.

Case of B. Jones, No. 72 Fifth Avenue,  
Pittsburgh, Pa., Nasal Catarrh and  
Ozaena, Left Lung affected, &c.

For several years before consult-  
ing Dr. Sykes I had been coughing  
more or less and spitting much  
heavy yellow and dark colored mat-  
ter, and on one occasion spit con-  
siderable blood. I was also troubled  
with Nasal Catarrh in its worst  
form, my nasal cavities filling with  
thick offensive matter, causing at  
times violent pain in my head. I  
had a great deal of severe pain in  
my breast; also, shortness of breath,  
night sweats, loss of appetite, and  
was much reduced. I had been un-  
der several physicians, among others  
the late Dr. Irish, who said I was  
in confirmed consumption, and  
could not recover. I consulted Dr.  
Sykes in March, 1867, and following  
his treatment a few months, found  
my Catarrh and Lung disease re-  
moved, and have had no recurrence  
of them.

B. JONES.

Pittsburgh, July, 1872.

Bronchitis and Laryngitis, with Com-  
plications.

Extract from a letter of the Rev.  
I. M. O'Flyng, to the former editor  
of the *Pittsburgh Christian Advo-  
cate*:

DEAR BROTHER BAIRD:—Will

you allow me space in your paper to say a word or two which may be of importance to some of your readers? \* \* \* [A portion of the letter relating to church and ministerial business is here omitted.]

One other thing I wish to say for the benefit of the afflicted, and especially for my brethren who suffer from these scourges of the ministry—Chronic Sore Throat and Bronchitis.

It is well known to many that little over a year ago I was so reduced by bronchitis as to be scarcely able to walk. At that time I was induced, as a last resort, to apply to Dr. J. W. Sykes, of your place, feeling that if his mode of treatment did not effect a speedy change, my work on earth was about closed. From the time I began his treatment my health has steadily improved. I have now reached my former weight, and have no pain in the chest or throat. In short, I am what I never expected to be—a sound man. I am not apt to be enthusiastic, but so great is my confidence in his mode of treatment that if I had a near friend laboring under any lung disease I would counsel him to cross the ocean, were it necessary, to consult Dr. Sykes. I write this, not for his sake, but for the benefit of those who suffer as I did.

Yours in Christ,

I. M. O'FLYNG.

NEW ALBANY, Ind., July 2, 1859.

The above letter was published in the *Advocate* without my knowledge or solicitation, and subsequently I wrote to Mr. O'Flyng for permission to use it, and received the following reply:

DR. SYKES: Dear Friend—After traveling around some time, yours of Sept. 18th finally reached me. As to your request, you have my full and glad consent to use my name as you desire. My cure by your treatment was radical; and though I have suffered lately from Chronic Diarrhea, I have felt none of the old malady.

I remain your grateful friend,

I. M. O'FLYNG.

WORTHINGTON, Green Co., Ind.,  
Nov. 18, 1864.

From Rev. W. H. HANEY:

*Cedarville, Ohio, May 26, 1869.*

DR. J. W. SYKES: Dear Sir—I regret having so long neglected to drop you a note in regard to my case. You may rest assured, it is not for lack of gratitude for your successful treatment of my difficulty.

My Lungs give me no trouble, and the Catarrhal difficulty in my nose and throat are, I feel sure, giving way before your treatment.

If it will be of any service to you, or a means of directing any other suffering fellow mortal to your treatment of Lung Diseases, I have no objection to your using this as a reference. Feeling that I have received great benefit from your treatment, I am willing to tell of it for the benefit of my friends.

With best wishes, I am sincerely your friend.

W. H. HANEY.

PROSPECT, Butler Co., Pa., }  
Dec. 18, 1862. }

DR. J. W. SYKES, Dear Sir—I consulted you in October, 1860 for a severe cough which had troubled me about a year, and had been very severe for about six months. I was greatly reduced in strength, was raising thick yellow phlegm, or matter, and had night sweats. You said I had severe Bronchitis, but gave me much encouragement of recovery. This was better than I had expected to hear, and I adopted your treatment, and the result was a speedy restoration of health, which remains good. My chest was expanded two inches, and my weight, which was only 113 pounds, has been increased to 145. I can confidently recommend invalids to adopt your treatment. Truly yours,

SIMON STICKLE, JR.

Mr. Stickle still resides as above.

FRANKFORT, O., March, 8, 1870.

DR. SYKES—Dear Sir: It was truly a pleasant surprise to receive a note from you after the many long years which have intervened since I last heard from you.

I have ever held your name in grateful remembrance, and have often thought of you as the one

whom God saw fit to make the instrument of saving my life.

I have never been under the care of a physician since you treated me in 1859. My health gradually improved until I could say I enjoyed comfortable health. I have not had any hemorrhage of the lungs since I used your treatment, and I neither cough nor expectorate. You never had a patient that held you in more grateful remembrance, or was better satisfied with your treatment than I.

Respectfully yours,

CORDIE F. SHEPHERD.

BROWNSVILLE, June 13th, 1858.

DRS. FITCH & SYKES:—Feeling some delicacy in consenting to the use of my name in connection with any communication for the public eye, no consideration would have been sufficient to overcome my reluctance to do so, but a sense of justice to your professional skill, and of duty which I feel that I owe to others who may be similarly afflicted with myself, and may be seeking that relief and restoration of health, which under Providence, I have so happily experienced at your hands.

Waiving medical technicalities, with which I am not very familiar, I will proceed to give a plain statement of my case when I first applied to Dr. C. M. Fitch, at Pittsburgh, in 1855, and of the beneficial effects which I experienced from his treatment, and subsequently from that of Dr. Sykes. I was, and for a considerable time had been, troubled with a hacking and most distressing cough, attended with expectoration, ulcerated throat, with so much general debility and complete prostration of the nervous system, as to render it extremely difficult, at times, to speak aloud, or to avoid exhaustion from the slightest physieal efforts. I had tried all the ordinary remedies in vain, previous to my application to Dr. Fitch, but by whose treatment at that time, and later, of that of Dr. Sykes, I have entirely recovered my usual health and strength.

MARY E. BROWN.

**Case of D. M. Gwinn, a well known Citizen of Rimersburgh, Pa. Cured of Rheumatic Bronchitis.**

RIMERSBURGH, Clarion Co., Pa., }  
June 20, 1873. }

DR. J. W. SYKES: Dear Sir—I seat myself to acknowledge with humble gratitude to the Giver of all good, the results of your medical skill in my case.

When I consulted you in June of last year I could not lift 20 pounds and was unable to do any work. I had severe pain in the breast and shortness of breath, and great general debility. From use of your treatment I am now well and able to work daily.

Truly yours,  
D. M. GWINN.

PROSPECT, Butler Co., Penn., }  
May 10th, 1870. }

DR. J. W. SYKES: Dear Sir—I have delayed writing to you longer than I intended. I have to congratulate both you and myself on the good effects your treatment has had on myself; it has restored me to my usual health again. My cough is entirely well. I feel very thankful to you and a kind Providence, and I hope that your days on earth may be many and happy. Be sure I shall never forget the great debt of obligation I owe you.

Yours tru'y,  
M. A. MCCOLLOUGH.

GREAT BEND, Kansas, }  
March 1, 1873. }

DR. J. W. SYKES: Dear Sir—you remember I was to see you in Pittsburgh in May, 1866, I lived at Winfield, West Virginia, you treated me for Bronchitis. I was entirely cured by your skillful treatment, and have been well until the present time.

Yours truly,  
CHARLES B. WORDEN.

## CASES OF ASTHMA.

**Asthma, Bronchitis, and Dyspepsia, of over Thirty Years' standing, Entirely cured.**

NO 204 LIBERTY STREET, }  
PITTSBURGH, PA., March 18, 1866 }

DR. J. W. SYKES—Dear Sir: In 1864 I consulted you for severe Asth-

ma and Bronchitis, which I had from childhood. The Phthisic was so severe at times that I could only get my breath at night by sitting up, having windows and doors opened. I was also much troubled with Dyspepsia. Three months before consulting you I was so much reduced that my family physician said I could not live six months. As I am of a consumptive family, and was so much reduced, you did not speak very confidently of my recovery, but thought I might be benefited and my life prolonged. I placed myself under your care, and improved rapidly until my health was entirely restored, and I have since remained entirely well of my old ailments, and in good health every way.

Yours respectfully,  
MARY L. M'CANDLESS.

### Two other Cases of Long Standing Cured.

NO. 283 NORTH AVENUE, }  
ALLEGHENY PA., October, 1871, }

DR. J. W. SYKES: Dear Sir—I desire to state for the encouragement of those who may be afflicted as I have been, that I have been cured by your treatment of severe Spasmodic Asthma, from which I had suffered at intervals from childhood. I placed myself under your care in the summer of 1869, since which I have been free from Asthma, and have enjoyed better health in other respects than I had previously known. Those who have struggled, as I have done, day and night for weeks together to get a single comfortable breath, will understand how highly I appreciate the immense benefit I have derived from your treatment.

Respectfully yours,  
MRS. FANNY HOLLAND.

Rev. W. M. Mullenix, of West Virginia M. E. Conference.

MORGANTOWN, WEST VA., }  
January 17, 1872. }

DEAR DOCTOR SYKES: I take great pleasure in informing you that I am cured of Asthma.

By following your advice and taking your remedies, I am now by the

Divine blessing delivered from that unpleasant disease. My appetite is good and I can sleep all night. My weight has increased, and I can do twice the work I did a year ago, and with less fatigue. My voice is deeper, fuller, and clearer than ever.

Yours sincerely,  
W. M. MULLENIX.

WHITE ASH P. O., }  
ALLEGHENY CO., PA., }  
September 12th, 1867. }

DR. J. W. SYKES: Dear Sir—I consulted you in the Fall of 1858, being then extremely reduced by severe Asthma and Bronchitis. I had consulted several doctors, who pronounced me incurable, and said I ought to settle my affairs as I could not live longer than spring.

I had often sat in my chair nearly all night with windows raised, and even then could scarcely breathe enough to keep me alive. My cough was very violent, and I raised large amounts of yellow corrupted looking matter.

I adopted your treatment, and in two or three months had gained, at least, thirty-five pounds, and since that time have enjoyed good health.

WM. SPROUL.

PITTSBURGH, PA., Jan. 30, 1873.

DR. J. W. SYKES: Dear Sir—You treated me seven years ago with complete success for Asthma, with which I had suffered a long time. I had a terrible cough, and the difficulty of breathing was so great I could not lie down at night, and was unable to work. Your treatment effected a complete cure, and I have been well from that time. Yours respectfully,

JAMES S. HANLON.  
Boundary St., near Thirty-second.

HOOVER, Butler Co., Pa., }  
March 5th, 1874. }

DR. J. W. SYKES: Sir—I was attacked with Asthma in August, 1870. It would come on in the evening and about midnight. I would have to get up and sit about an hour or two hours, and was so terribly choked it seemed I could not live, when it subsided I could

lay down and sleep three or four hours: I coughed and spit a toughropy mucus. After trying many remedies without relief, I saw your advertisement, and wrote to you stating my case, and you sent me remedies which relieved me right away, and by continued treatment was cured, and have not been troubled with it since. I have had several severe colds but no Asthma. I am now 63 years of age.

You may publish this if you think it will induce any who are afflicted as I was to apply for your most valuable treatment. Yours Truly,

ANDREW RUSSELL

## CASES OF CONSUMPTION.

JEFFERSONVILLE, ILL., }  
Sept. 6th, 1860. }

DR. J. W. SYKES: Dear Sir—A year since I was in advanced consumption, and so exceedingly weak and emaciated, that I could scarcely get about. I had been coughing twenty-two months, and was raising great quantities of thick, yellow matter. After examining my chest you said my right lung was gone at the top, and was ulcerating below the cavity, and you told me it was barely possible that I could get well. The ribs at the top of my right breast were a good deal sunken in. I began your treatment and immediately began to improve, and have continued to gain ever since, and now am able to do a great deal of farm work. I have got quite fleshy, and my chest measures four or five inches more than it did a year ago. I shall always feel grateful to you.

JOHN SHAFER,

Mr. Shafer still resides as above.

PORTERSVILLE, BUTLER Co. Pa }  
May, 9, 1867. }

DR. J. W. SYKES: Dear Sir—In March, 1864, while in the army, I was attacked with camp measles, which did not come out well, but left me with a bad cough, and spitting of blood and matter. This grew worse, till I was thought to be incurable, and was so reduced I had to leave the army.

When I got home, I concluded to consult you; and when I started to visit you, I was so low that my friends said that I could not stand the fatigue, and they did not expect to see me return alive.

I had been then coughing eight months, had lost all my flesh, and had frequent night sweats, and other symptoms of advanced lung disease.

You, yourself, considered my case a very bad one, and told me my prospects of recovery were very slight; but I am happy to testify that your treatment did more for me than you promised, and has been the means, under Providence, of restoring me to excellent health.

Yours truly,

SAMUEL A. MOORE.

CLEVELAND, O., April 7, 1866.

DR. J. W. SYKES: Dear Sir—I write this to express my sense of obligation to you for the interest you have taken in Mrs. Gillet's case, and for the valuable medical help I believe you have been to her. I still believe, that you under God, were the means of arresting steadily advancing consumption, when I applied to you for her, in 1860. The reviving symptoms of former difficulties, with new evidences of pulmonary disease, have again been checked by your treatment, taken for two months past, and we are hoping for comparative soundness again.

From the knowledge I have of your method of treating Pulmonary and Chronic Diseases, I have a real pleasure of recommending you to the afflicted. You are at liberty to use this unpaid contribution in any way you please. Yours truly,

E. S. GILLETT,

Pastor of First M. E. Church,  
Cleveland, Ohio.

OAKLAND, Armstrong Co., Pa., }  
December 31, 1862. }

DR. SYKES: I think I am doing no more than my duty in making known what you have done for me. When I applied to you in January, 1861, it was thought by others, and I myself believed that I was in the last stage of consumption. I had

used various remedies without benefit. My physician gave me up; said he could do nothing for me; that I could not live six weeks. Remedies brought no relief. Swiftly the inexorable distemper was dragging me down to the grave. A distressing cough, hectic fever, chills, pain in left lung, and all the horrible symptoms of consumption were fast doing their work; but I thank God that I went to you. I had not used your medicines a month till I got relief; appetite returned, and rest and strength. Who that has not been so afflicted can realize the joy that hope brings when the sufferer feels that an antidote has broken the disease? Slowly my constitution built up its shattered fragments. I have not yet recovered my full strength, but now enjoy good health.

That I feel grateful to you and to that higher Power, of which you are the instrument, for the years that are spared to me, God, who knoweth the secrets of every heart, is my judge.

MISS MAGGIE ANTHONY.

Since the above was written Miss Anthony has died of Erysipelas, but her father, Mr. James Anthony, can substantiate the statement.

ORANGE, MAHONING CO., O., }  
May 18, 1866. }

DR. J. W. SYKES: Dear Sir—We received your letter, and would say in reply that Mrs. Taylor's health is as good as ever it was, and she can do all her housework for five workmen. She is hearty, strong, and fleshy, and can do more labor than she ever did, though she was pronounced incurable by our two family physicians before I took her to Pittsburgh to consult you.

At the same time my sister was sick with consumption, which she took about the same time my wife was taken, and the same physicians pronounced my wife's case the worst, and she was of the most delicate form. But under your treatment she speedily recovered, while my sister, under the common treatment, went down by degrees, and now sleeps with the dead.

Some of my friends opposed my trying your treatment, but I acted on my own judgment, and the re-

sult shows me plainly that there is a possibility of curing Consumption even in its advanced stages.

From your friend and well-wisher,

A. P. TAYLOR.

MASONTOWN, Fayette Co., Pa., }  
October, 1862. }

DR. J. W. SYKES: Dear Sir—I consulted you in 1857 for lung disease of five or six years standing.

I was greatly reduced in flesh and strength, and being of a consumptive family was considered incurable by my physician and friends. I had a hard cough, and expectorated large quantities of heavy matter, I was also troubled with severe pain in my chest, also with night sweats, and daily chill and fever.

You told me my right lung was badly diseased, and you could give me but little hopes of recovery. But on adopting your treatment I gained very rapidly; and in a few months was entirely well, and have since then been really stronger than I had ever been before.

My mother, who also consulted you for distressing chronic complaints, wishes me to tell you your treatment restored her to good health.

Yours truly,

JACOB BOICE.

WATERSON'S FERRY, Pa., }  
May 25, 1867. }

DR. J. W. SYKES: Dear Sir—I feel it to be my duty to you, and to the public at large, to say that after using your treatment for consumption for three weeks, our daughter, who was scarcely able to walk, ceased coughing, and in three months was entirely well. She had been coughing three years.

S. J. CARR.

Captain of towboat *Hawk Eye*.

ORANGE, Mahoning Co., O., }  
May, 27, 1861. }

DR. SYKES: Dear Sir—I desire to express my thanks to you for the interest you have taken in Mrs. Justice's case, and for the valuable assistance you have rendered her.

She is of a consumptive family, and when she consulted you that disease was most evidently estab-

lished in her lungs, and was steadily advancing, but your treatment was the means of promptly arresting and removing it, and her general health is now better than it has been for years.

Respectfully yours,  
MORRISON JUSTICE.

FAIRVIEW, Jones Co., Iowa, )  
November 9th, 1866. )

DR. J. W. SYKES: Dear Sir—If you are still in practice in the city, will you oblige me by mailing me one of your circulars, for I have hunted our Pittsburgh papers in vain for one of your advertisements, and thought perhaps you had left.

There are persons dying monthly in this vicinity from consumption.

Under your treatment, a few years since, my mother and uncle were restored to unimpaired health, and I am desirous to know where to consult you.

Very truly yours,  
D. J. STEWART.

## CONSUMPTION with Complications.

### INCIPIENT CONSUMPTION AND DYSPEPSIA.

Statement of Mr. W. H. McClinton, the Well Known Dealer in Books, Stationery, &c., 132 Federal Street, Allegheny.

DR. J. W. SYKES: Dear Sir—when I consulted you in 1865 I was much reduced in flesh and strength by dyspeptic troubles of long standing. I had for some time a dry hacking cough, with shortness of breath, pain in chest, occasional chills, and other indications which led my friends to fear my lungs were becoming affected. The fact that some of my relatives had died of consumption also seemed to justify their fears: On examination, you thought the upper part of my right lung slightly affected, but encouraged me to hope for a restoration of my health.

Your treatment comprised Medicated Inhalations, with other medical and hygienic means, and resulted in my complete recovery.

You are at liberty to use this as you think best. (Signed)

W. H. McCLINTON.

### Case of S. H. Sitler, Esq., of Leetonia, Ohio, Sick Fifteen Years, Disease of Lungs and Heart, Frequent Hemorrhages, &c.

DR. J. W. SYKES: Dear Sir—I feel it my duty to make a just acknowledgment to you of the benefit I received of your treatment from April to September, 1869. When I resorted to you I had but little hope of a recovery, as I had hemorrhage of the lungs almost daily during twenty-two months previous, together with an affection of the heart, so that I could not lie on my left side during a period of fifteen years. The cough, pain, and constant oppression of the breast made life a burden. After taking your treatment for three months, I felt a decided improvement; the hemorrhage of the lungs had ceased altogether; the oppression of the breast, cough, &c., were much better, with a decided improvement of my general health; so that I commenced the second course of three months' treatment with more hope. After continuing the treatment (altogether five months). I felt myself entirely well—could lie on either side and breathe freely. Yet I could hardly believe the cure a permanent one. But now, fifteen months have passed, and no recurrence of hemorrhages, no cough, and I have regained my former weight; so that I now feel thankful to God, and to you for your invaluable treatment in my case, and shall not cease to recommend others similarly afflicted to your treatment.

Yours respectfully,  
S. H. SITLER.

### REMARKABLE RECOVERY

FROM

### Consumption of Lungs and Bowels.

Statement of J. T. Stitt, Esq., Book-keeper for the Well Known Coal Merchants, Wm. H. Brown & Co.

25 SMITHFIELD ST., PITTSBURGH.

DR. J. W. SYKES: Sir—It is with great pleasure I take the opportunity of saying to the numerous victims of consumption in our city. "Be of good cheer" there i

hope even for the feeblest. A little more than a year ago, my wife was very low with consumption of the lungs and bowels; she had then been sick over a year. She had a very bad cough and expectoration, and had diarrhoea all the time for several months. She was so thin and wasted that former friends did not recognize her. In fact we thought, and her physician said, she must die. He ordered herbs and wine to keep her up as long as possible, and said that was all he could do. We consulted another physician who also said it was a very bad case. By an overruling Providence we were directed to Dr. Sykes and, hoping against hope, we placed her under his care. In two weeks there was a marked change for the better, and she continued to recover rapidly. She still has some cough and continues under Dr. Sykes' care, but is so well that for seven or eight months she has been able to do her own work. Under God we think her recovery is due to Dr. Sykes treatment.

J. T. STITT.

#### ADVANCED CONSUMPTION ENTIRELY CURED.

JOLLYTOWN, Green Co., Pa., }  
April 19, 1864. }

DR. J. W. SYKES: Dear Sir—When I consulted you, little more than six years ago, I was reduced almost to a skeleton. I had been coughing severely, and raising heavy matter for a year and had doctored with the best doctors I could find, and grew worse all the time. My friends had given me up, and I believe had I not consulted you that three or four months would have ended my earthly career. You also gave but very slight encouragement, but said if I wished, you would do what you could. Your treatment soon afforded relief, and now I am happy to say it has, through the blessing of God restored me to health. I weigh ten or fifteen pounds more than I did before I took the lung disease, and can do a good days work.

I am most thankful for the benefit I have received, and hope this

statement of my case may induce others who are suffering as I was to try your treatment.

MRS. JAS. G. WHITE.

Several years after the above was written Mrs. White died of Cholera morbus, after a few hours illness. Mr. White, however, still resides as above and can verify the statement.

#### CASES OF HEART DISEASE.

Case of J. W. Miller, of Sharpsburg,  
Cured Ten Years.

SHARPSBURG, Pa. Nov. 11, 1872.

DR. J. W. SYKES: Dear Sir—I deem it due to invalids who may be suffering from Heart Disease, as I once suffered, and to you, through whose instrumentality I found relief, to state my case publicly.

It is now ten years since I first consulted you, after suffering many months with great distress about the Heart, which would often stop beating for one or two pulsations, and then palpitate violently, attended with a rubbing or humming sound, and causing a feeling as if I would smother. I also had much pain in my head and derangement of my stomach, kidneys, &c. I was so much reduced that I could scarcely get to your office, and was greatly discouraged, as I had consulted other noted Physicians in the city without relief.

I am happy to state that a course of your treatment resulted in my complete recovery, and I have enjoyed excellent health ever since. I was induced to consult you by Mr. William Brown, who said that his wife and his brother had both been cured of Heart Disease by means of your treatment.

JOHN W. MILLER.

CLARKSBURG, Harrison Co. Va., }  
January 9, 1863. }

DR. J. W. SYKES: Dear Sir—I wish in gratitude to testify to the cure you have effected in my case. I was afflicted with an organic disease of the heart for at least five years, together with other distressing ailments. My trouble first be-

gan with slight palpitation when walking fast, or up hill or stairs. I had much sharp pain about my heart, and much soreness there. At times my heart would stop beating for several seconds, and then palpitate with exceeding violence, and my breath would seem entirely cut off. My head was badly affected with pain, partial deafness, dimness of vision, &c. In addition to these troubles I had a bad skin disease for several years. When I consulted you I felt that I had not long to live, but I am happy to be able to say that from the day I began your treatment I began to improve and have been rapidly recovering ever since, and for many weeks past I have felt as well as ever I did in my life.

Yours with the warmest regard,  
JOHN H. FOUSE.

WEST NORTHFIELD Cook Co. Ill. }  
March 2, 1865. }

DR. J. W. SYKES: Dear Sir—I am happy to inform you that your treatment has effected in my case all and more than all you promised or I had hoped. The palpitation of the heart is gone, and its action is now regular. My appetite is natural, bowels regular, and that terrible distress in the head has ceased entirely. I feel as if I had a new head.

I had, as you will remember, been sick about a year when I came to you, and unable to do anything. My father had died of disease of the heart, combined with other difficulties.

I have been so well this winter that I have done most of my own work. The distress and wind at my stomach does not trouble me at all, if I am reasonably careful in my diet. I thank you very much for the benefit I have received, and hope you may be equally successful in every case you treat.

Very truly yours,  
A. W. PEET.

Mt. MORRIS, Greene Co., Pa., }  
July 31, 1865. }

DR. SYKES: Dear Sir—I have improved very fast during the last month. Have gained eleven pounds.

I have had no palpitation for almost three months. The neighbors say I look like another person, I look so much better.

Respectfully yours,  
MRS. MARY A. HEADLEE.

Mrs. Headlee had been afflicted for months with most violent palpitation of the heart, occurring in paroxysms lasting two or three hours. She also had pain about the heart, and other symptoms of organic disease of that organ.

#### **PULMONARY HEMORRHAGES AND CHRONIC DIARRHŒA.**

Statement of Mr. J. H. Scott, of Port  
Perry.

PORT PERRY, Allegheny Co. Pa. }  
January 11, 1873. }

DR. J. W. SYKES: Dear Sir—for the benefit of others who may be afflicted as I have been, I wish to make a public statement of my case, and I wish it especially noticed that I was cured by your treatment, after trying without any benefit a number of prominent Physicians, including several who advertise special skill in treating Chronic Diseases; but Patent Medicines, Electricity and "regular" prescriptions alike failed. In 1863 I was discharged from the army on account of alarming Hemorrhages from the Lungs which it was thought would soon prove fatal. From that time—about nine years—I had frequent copious hemorrhages, and for several weeks before consulting you I had raised blood daily. During the entire nine years I also had more or less cough and expectoration.

I was told by several Doctors that I had Organic Disease of the Heart, and upon examining me you concurred in their opinion. I had a great deal of pain about my heart, which became almost unendurable on slight exertion; I also had severe palpitation, and stoppage and irregular action of the heart, with shortness of breath, sensation of smothering, &c. My digestive organs were greatly disordered, and for three years I had continued Diarrhœa.

You gave me but little encouragement, but the result of your treatment has exceeded your expectations. From the day I began your treatment, about a year ago, I have raised no blood, and I improved steadily till I was restored to comfortable health.

For correctness of these statements I refer to John McClosky, Coal Merchant, A. J. Young, Postmaster, and R. Harrison. Esq., all of Port Perry, Pa. [Signed]

J. H. SCOTT.

## CHRONIC PNEUMONIA.

CHRONIC PNEUMONIA is the sequel or result of acute Pneumonia (lung fever) where, either from improper treatment, or by neglect of treatment, it is not cured. Acute Pneumonia usually commences with a chill, followed shortly by a burning fever with bounding pulse, great tightness and oppression of the chest, rapid and difficult breathing, and sharp, stitchlike pains through the lungs on coughing or taking a full breath. If judiciously treated it will generally pass off in a few days or weeks, leaving the lung well again. But, if not well treated or neglected, it may pass into the chronic form of the disease, in which the fever is absent and the appetite restored; but the shortness of breath, with much general weakness, remains, with considerable cough, but little or no expectoration. In this form of the disease a portion of one or both of the lungs is rendered solid, so that no breath enters it, and is said to be hepatized because it has been found to resemble the liver when cut open. Chronic Hepatization is usually considered incurable, but I have witnessed the complete recovery of cases of several years' standing. In the case of Mr. John B. McCune, whose letter will be found below, there had been extensive hepatization existing for some fifteen months, and considering his age and that he was extremely reduced, his recovery was somewhat remarkable.

In persons of a consumptive family, this form of disease is liable to

be followed speedily by Tubercular Consumption. Chronic Pneumonia is very liable to follow Typhoid Fever, especially when the latter disease is treated with Calomel or Blue Mass.

NORTH WASHINGTON, West- }  
moreland Co. March 6, 1874. }

DR. J. W. SYKES: Dear Sir—  
From the spring of 1871 to that of 1873 I suffered greatly from Dyspepsia, Liver Complaint, etc. My stomach was inflamed and sore, I had pain in my right side and my bowels and kidneys were greatly disordered. I consulted several Physicians, took many medicines with no permanent benefit. In the latter part of May last, I was prostrated, and failed so fast that in a short time I lost 32 pounds, and was so weak I could speak but few words at a time. I had several Physicians, both separately and in consultation. They said I was incurable, that I had so many diseases one worked against the treatment necessary for the other—that my right lung was almost gone, and my stomach, liver and kidneys badly diseased, and that I must soon die. At length I got a little stronger, but they said it would not last, and one of them said he would give me about four weeks to live.

I then proposed to consult you, but they said you were a quack and could do nothing for me.

However, on the last day of July I consulted you. You said my right lung was badly hepatized, and my system otherwise injured by the mercury and other strong drugs I had taken, but you could see no reason why I could not recover by proper treatment.

I placed myself in your care, and improved rapidly, and now enjoy reasonably good health. I have regained my former weight and strength. I have no soreness or pain, my lungs, stomach, bowels, liver and kidneys act as well as they ever did.

I feel thankful to God and to your invaluable treatment and shall not cease to recommend it to those afflicted as I have been.

Truly yours,  
JOHN W. YOUNG.

Case of John B. McCune, Esq., of Elizabeth, Pa.

ELIZABETH, PA., March 25, 1869.

DR. J. W. SYKES: Dear Sir—It is nearly two years since I first consulted you, and the change which your treatment has made in my health has been very great.

Fifteen months before I consulted you I was attacked with Typhoid Pneumonia, and lay in bed two months, and when I got up it was with a very bad cough and expectoration, and severe pains in both lungs, and night sweats, &c. I was greatly reduced in flesh, and so weak and short of breath I could hardly go round. You told me my disease was of a curable nature, but could not give me very strong encouragement, because I was sixty-three years of age. I adopted your treatment, however, and am happy to testify that it has proved the means of entirely restoring my health.

Yours,  
JOHN B. McCUNE.

## DYSPEPSIA, LIVER COMPLAINT, &c.

MCCLELANDTOWN, PA., }  
March 25, 1867 }

DR. SYKES: Dear Sir—I must acknowledge the benefit I have derived from your treatment in one of the most complicated cases of ten years' standing. When I visited you last summer, I was in the greatest imaginable distress. I cannot describe my feelings in any fitting manner.

My stomach had been diseased so long that it had the symptoms of cancerous disease. My liver was swollen as hard as a rock and filled me so full that it alone was indescribable misery to me—and all from ignorant physicians pouring mercury into my system. I had partly lost the hearing of my left ear, and had a scum over my eyes, so that objects at a little distance from me appeared double. These are not a twentieth part of my sufferings.

In two months, under your treatment, my sight and hearing became perfect, and I am now in good health.

I am most thankful to you, and remain yours, respectfully,

MRS. ANNA RADER.

HOPE CHURCH, }  
Allegheny Co., Pa., }  
March 10, 1858. }

DR. J. W. SYKES: Dear Sir—After several years of ill health and suffering, I was induced to consult you one year ago in Pittsburgh. My liver was greatly enlarged and I had a dull heavy pain in my right side and shoulder, and severe pain in the back and weakness in the stomach of such a nature that I could not walk but a very short distance without sitting down to rest. I was troubled with drowsiness so much that I would fall asleep whenever I sat down, and many times could scarcely keep awake on my feet.

I was also troubled with costiveness and suffered greatly from female complaints. I followed your directions and used your remedies, and to my great gratification have found my health restored thereby. My liver has assumed its natural size, and my general health is far better than I had ever expected it would be, considering the great amount of injurious medicines I had used, and the complicated and serious nature of my case. I shall feel it my duty to direct invalids to your treatment, and shall always remain

Yours, gratefully,

ANNE SICKMAN.

Mrs. Sickman's present address is California, Washington Co., Pa.

Statement of Rev. T. M. Hartley, of Parkersburg (W. Va.) Conference.

[NOTE—Mr. Hartley had been afflicted for years with a distressing complication of ailments, of which Dyspepsia, with almost constant Neuralgia in the head, back and limbs, and violent palpitation of the heart, with great depression of spirits, were the prominent features.]

WAVERLY, W. VA. }  
July 28, 1868. }

DR. J. W. SYKES: Dear Sir—In my last I said perhaps you had better send more medicine. I am of a different opinion now. The ma-

chinery is in good running order.

My pleasure in eating, drinking, sleeping, doing, and simply in just living, has returned with double its enjoyment and sweetness, for which my gratitude flows to God in heaven and you on earth as instrumental in doing such wonders for me.

I go about with energy, with a will—oh! how pleasant! You can only imagine my joy in possession of health once more. I will write you again. Yours as ever,

T. M. HARTLEY.

The writer of the following note was one of the worst cases of general dyspepsia that it has ever been my fortune to prescribe for. His stomach was evidently inflamed and its walls thickened. He had great distress after eating, much belching of wind, said his stomach felt dead or paralyzed. His bowels would not act at all without physic—his kidneys equally inactive—his appetite capricious—his back very weak. He complained very much of dull, drowsy feeling, and a "tired aching feeling all over." His skin was discolored with brown spots. His ill health was brought on by loss of sleep and excessive application to his duties as telegrapher in Government employ.

MANNINGTON, W. Va., }  
March 30, 1866. }

DR. J. W. SYKES: Dear Sir—In reply to your request I will say that I am quite willing you should publish an account of my complete cure as effected by your judicious treatment.

In conclusion allow me to thank you for your gift of health, and to say that my health has remained good since restored by your treatment.

Gratefully yours,  
J. W. FREELAND.

From Rev. B. S. Sloan:

PENN RUN, Indiana Co., Pa., }  
Nov. 27, 1872. }

DR. J. W. SYKES: Dear Sir.—Mrs. Sloan is enjoying good health and doing her own work. She is in good spirits and has more nerve and vital energy than formerly, and has none of that languid, tired and exhausted expression she had

a few months ago. Your treatment has been blessed of God to her great improvement.

Your friend,

B. S. SLOAN.

Mrs. Sloan had a complication of Chronic Diseases, including Dyspepsia, Female Complaints, Chronic Diarrhoea, etc., occasioning multitudinous sufferings, great debility, and endangering her life.

## CHRONIC DIARRHŒA.

PORTERSVILLE, Butler Co., Pa., }  
April 28, 1866. }

DR. J. W. SYKES: Dear Sir—I took the Diarrhœa while I was in the army, in May, 1863, which became so bad that I was discharged and hoped by coming home to doctor I might get well. I employed the best doctors in this region, but they failed to benefit me, and in August, 1864, when I had been sick about fifteen months and was reduced a little more than skin and bones, I consulted you. At that time my bowels were moved very often, especially during the night; and the discharges contained much slime, and sometimes yellow matter. I had much pain across my bowels, and much vomiting; nothing would lay on my stomach. I also had constant thirst and fever, with chills. Your treatment helped me at once, and I am now enjoying excellent health. I am very grateful for what you have done for me, and remain

Yours truly,  
ROBERT MOORE.

## COMPLICATED CASES.

LUNDY'S LANE, Erle Co., Pa., }  
March 26, 1866. }

DR. J. W. SYKES: Dear Sir—Having suffered a year and seven months more than tongue can tell, with female complaints, spinal weakness, heart disease, liver complaint, and dyspepsia, I became so emaciated that all who knew me or saw me despaired of my life; my friends said that medical aid could never restore me to health again. I was under the treatment of the most eminent physicians in the

country, but they afforded me no permanent relief.

I became so emaciated that I only weighed sixty pounds. It was about this time that I learned through Mrs. Hunter, of your skillful practice and immediately wrote to you, and in the following month—January, 1864—I commenced your treatment and followed it six months. I commenced rapidly to gain and at the end of the year instead of weighing sixty pounds, I weighed one hundred and fifty, and am now enjoying better health than ever in my life before. I write this deeming it but justice to myself and my preserver to publish to the world what he has done for me, and that should there be any one suffering as I have done, they may immediately apply to Dr. Sykes for aid.

Yours respectfully,

MRS. M. M. WRIGHT.

Extract from a letter from REV. P. M. M'GOWAN.

BEAVER FALLS, Pa., }  
June 14, 1871. }

DR. J. W. SYKES: My Kind Friend—The medicine you sent me benefited me much, and immediately. Through the boundless mercy of God, with his blessing on your prescriptions and medicines, I am better in every respect. I do not think that at present I need any medicine. Praying God to bless you and yours with every needful blessing for time and eternity, I remain yours, sincerely,

P. M. M'GOWAN.

From REV. G. W. RICHMOND, of Parkersburg, West Va., Conference:

DR. J. W. SYKES: Dear Sir—I write to inquire whether you think you could do anything for my wife. Under the blessing of God I owe to you my present health, and I think my life. I have such unbounded confidence in your skill in all pulmonary affections, that I thought you might give relief in my wife's case also—(the statement of his wife's case omitted here.)

Truly yours,

G. W. RICHMOND.

PARKERSBURG, West Virginia,  
Feb. 2, 1866.

From the same:

CHARLESTON, Kanawha Co., }  
October 18, 1869. }

J. W. SYKES, M. D.: Dear Sir—I have long thought of writing you a line expressive of thanks for the wonderful cure you effected in the case of my wife, who, you will remember, was affected with Dropsy.

She says, under the blessing of God, I am indebted to you for life and health; and I tell her that but for your skill she would have left this world years ago.

You can form no just conception of our gratitude to you for your medical treatment.

Being unable to compensate with earthly gifts, we are not forgetful of you at the holy shrine, asking his blessing who alone is the Giver of all good.

G. W. RICHMOND.

Nasal Catarrh, General Dyspepsia, Etc.

YOUNGSTOWN, Pa., }  
August 10, 1870. }

DR. J. W. SYKES: Dear Friend—I am happy to be able to inform you of my further improvement, which has gradually continued since I last wrote you. My throat looks and feels much better; also the Catarrh in my head and nose is very much improved and I suffer very little from it now. My appetite is good, my liver is better and my bowels regular. Indeed I feel much better and stronger in every respect. I am following your directions in regard to diet, out-door exercise, using breathing tube, sponge bath, &c., and feel myself constantly improving.

My case must have been a very wearisome one to you, and I think no one ever felt more grateful or appreciated your labors in behalf of their health as I do. Please accept my heartfelt thanks for your kindness and sympathy manifested during my long continued sufferings, which, with the encouragement you gave me, did much to cheer my spirits under great sufferings.

I sincerely hope a kind Providence may long spare your useful life to relieve the afflicted. You

have done for me what other physicians failed to do.

Yours respectfully,  
MISS LIZZIE BALBRIDGE.

The writer of the following, an accomplished and highly intelligent young lady, consulted me by letter, which presented evidence that her stomach was in a state of chronic inflammation, (gastritis) and her liver congested and much enlarged. Her health had been impaired and failing for several years, dyspepsia having been contracted at the early age of fourteen by too close application to study.

MARSHALL'S CREEK, }  
Monroe Co., Pa., }  
November 23, 1865. }

DR. J. W. SYKES: Dear Sir—It has been a long while since I addressed you, and I am really sorry to think I have so long neglected a plain duty.

When you wrote me in July, 1853, I was extremely reduced and miserable, but soon became convalescent and gained rapidly in every respect. I felt as if emerging into a new life, and after such prolonged and indescribable suffering, daily and constant, but aggravated almost beyond endurance whenever I ate anything, my present health is indeed something to enjoy. It is with great thankfulness that I testify that it was your treatment which helped me, and that at a time when I least expected to recover. I have been long in acknowledging this, but have not forgotten it, and shall always gratefully remember your kind attention during the time I was your patient.

CATHARINE G. DRAKE.

Dime Savings Bank, 200 Main St. }  
HARTFORD, CONN., March 3, '74. }

DR. JOHN W. SYKES: Dear Sir—I rise up once more on the canvass of life, restored to health through the blessing of divine Providence on your instrumentality.

In the summer of 1870 I was with you personally, calling often at your office while pursuing your

treatment, which has been so wonderfully blest to me.

From there I went to Elkhorn, Wisconsin, and remained two years and returned here in May, 1872, since which time I have been employed most of the time in the above named bank in good health.

Yours very truly,  
JAMES H. SHEPARD.

Mr. Shepard had been dyspeptic thirty years. He suffered much with rush of blood to the head, Nasal Catarrh, roaring, ringing noises in his ears, oppression, faintness about the heart, general derangement of stomach, liver, bowels, kidneys, etc., etc.

## SCROFULA and its Complications.

Remarkable Case of Mrs. Stewart, wife of Robt. Stewart, Esq., a prominent and well known Lumber Merchant.

BROOKVILLE, Pa., Feb. 23, 1874.

DR. J. W. SYKES: Dear Sir—You have done so much for me that I cannot refuse you the small favor of making my case public, though I feel much repugnance to seeing my name in print.

I first consulted you eight years ago, and was under your treatment eighteen months. I had at that time a scrofulous sore on my hip joint of eight years' standing, and was almost a cripple from it. The disease had gone to my lungs, causing a severe cough, and my throat was badly affected by it, and I had not spoken above a whisper for four weeks. I had Nasal Catarrh so bad it had extended to my eyes and ears.

I suffered much with pains in my head, chest and back. I was losing flesh and strength rapidly, and had daily chills and nightsweats.

From this condition I was restored to good health, and I owe it all to God's blessing on your treatment. Grateful for what you have done for me

I remain your friend.  
MRS. MARY H. STEWART.

STEWARTSVILLE, }  
Westmoreland Co., Pa., }  
Oct. 30, 1871. }

DR. J. W. SYKES: Dear Sir—  
Our boy is improving very rapidly  
under your treatment. The swelling  
and lumps have entirely disappeared  
from his neck. His cough is better,  
his appetite improved and he rests  
better at night than he has done for  
many months. I feel very much  
encouraged and should like to  
continue your treatment till his  
health is restored.

Yours truly,  
E. E. ALLSWORTH.

PROSPECT, Butler Co., Pa., }  
April 3d, 1874. }

DR. J. W. SYKES: Dear Sir—I  
write you a few lines to inform  
you that I am well and to thank  
you as the instrument under God,  
of my restoration from the verge  
of the grave to good health.

Six years ago I injured my ankle

which resulted in the White Swelling;  
my heel bealed on both sides,  
and several large pieces of bone  
came out. I finally got better and  
able to walk, but the sores never  
healed, and about a year ago I went  
to Dr. A. G. Walter of Pittsburgh  
who performed an operation by  
extracting the decayed bone. I then  
became very sick; the Scrofula  
spread and became more active and  
he could do me no good, and for  
six weeks I was not expected to  
live. Abscesses broke out all over  
me; I was taken home, became  
worse, and lay in bed all summer,  
never expecting to get up again.  
I tried four different doctors with-  
out benefit. Finally my brother  
wrote to you for treatment, and  
directly after I began using your  
medicines I commenced to improve,  
and continued to get better till  
now I am entirely recovered. With  
heartfelt gratitude I remain

Yours truly,

GEORGE HEYL.

## CONCERNING TESTIMONIALS.

The foregoing letters comprise but a small portion of the mass of similar ones in my possession. I am also able to refer to hundreds of other cases of recovery from serious disease, in which I have not asked, or received, a testimonial letter. It is my rule, not to publish any case without permission; and so many such letters are voluntarily furnished, that I rarely ask for one.

The address of some whose cases are herein published, may have been changed since the date of their letters. If reference is desired to any such, I will cheerfully, on request, ascertain their present address.

N. B. LET INVALIDS BE FOREWARNED.—To *palliate* disease is comparatively easy; but to effect a complete and permanent *cure* is a difficult task. I have shown in the preceding pages, that a cough may be quieted, and expectoration modified, by Medicated Inhalations, while the disease in the lungs is unchecked; and Nasal Catarrh, Sore Throat, and other diseases, may be made to disappear temporarily by caustic and other local remedies which cannot effect a cure.

Travelling Doctors, Inhalists, and patent medicine venders, understand this, and often when a patient has used their remedies but a few days or weeks, he is induced to sign a statement that he is "better," and to recommend their treatment; and soon afterward he finds he has wasted money, and time of curability, and been made to lure others to adopt the same deceptive treatment. These remarks apply with still greater force to treatment based chiefly on the use of electricity.

It is my rule to publish no case until the result of my treatment has been confirmed by the lapse of months or years.

J. W. SYKES, M. D.

191 PENN ST., PITTSBURGH, PA.

## DURATION OF TREATMENT.

No fact in the science of medicine is better established than that Chronic Diseases require Protracted Treatment.

A condition of debility and disease into which the body has been sinking for years cannot usually be remedied in the brief space of a few weeks or months. This fact is recognized in many water cures and hospitals where Chronic cases are not admitted except upon agreement that they remain for several months.

In my own experience I have found the necessity for Chronic treatment, one of the greatest obstacles to success, owing to the proneness of Invalids to omit remedial measures before health is fully restored.

In the earlier years of my practice, I treated my patients by the month, the result was, that some of those who were better at the end of that period, would stop treatment hoping to continue to improve without it, and, on discovering their mistake, would feel too much discouraged to resume. On the other hand, some who were not much improved would also discontinue when by perseverance they might have recovered. I then lengthened my first course of treatment to two months, and afterwards to three,—since which my reputation for success has been greatly enhanced.

In order to encourage patients to continue treatment as long as may be necessary, I reduce my charges after the first three months to what I may truthfully say is the actual cost to myself. In all cases where there is reasonable ground for hope, I decline to prescribe for less than a three months' course.

BUSINESS DEPARTMENT.—Invalids desiring to consult me, should if possible visit me at my OFFICE, 191 PENN STREET, PITTSBURGH, PA. A single interview of half an hour or more, enables me to examine the Lungs and Heart, and otherwise investigate the case thoroughly, and at the same time make a complete memorandum of its symptoms, history, and general aspect; I can then prescribe and furnish the apparatus and remedies necessary for a course of treatment lasting two or three months. With these and full written and printed instructions concerning the general conduct of the treatment, the patient returns home, and is required to report by writing or calling, two or three times a month.


MY OFFICE HOURS are from 9, A. M., to 4, P. M.; daily, except Sundays.

TREATMENT BY LETTER.—I have treated hundreds of cases by letter, with the most gratifying success, and invalids unable to visit me can avail themselves of my treatment by writing to me for a list of questions which will enable them to state their condition properly.

The cases of Rev. T. M. Hartly, Rev. I. M. O'Flyng, and George Heyl, given in this pamphlet, were treated by letter. Nevertheless, those who can visit me for personal examination should do so, when they can return and pursue the treatment at home, and, by reporting to me often, can still be under my supervision and direction.

VISITS.—I take no cases of acute disease, requiring daily visiting, and am very seldom absent from my office during my office hours; but, for a reasonable compensation, I will go by night to examine patients who cannot come to me, and who reside at points where the trip can be made between 3, P. M., 10, A. M.

TERMS.—All my cases require chronic or protracted treatment; and my charge for the first three months' course, including apparatus and medicines, is \$40 to \$50; and when a second course is needed, the charge for this is \$8 to \$10 per month.

 Clergymen are charged half the above rates.

Address—

Dr. J. W. SYKES,  
*191 Penn Street, Pittsburgh, Pa.*





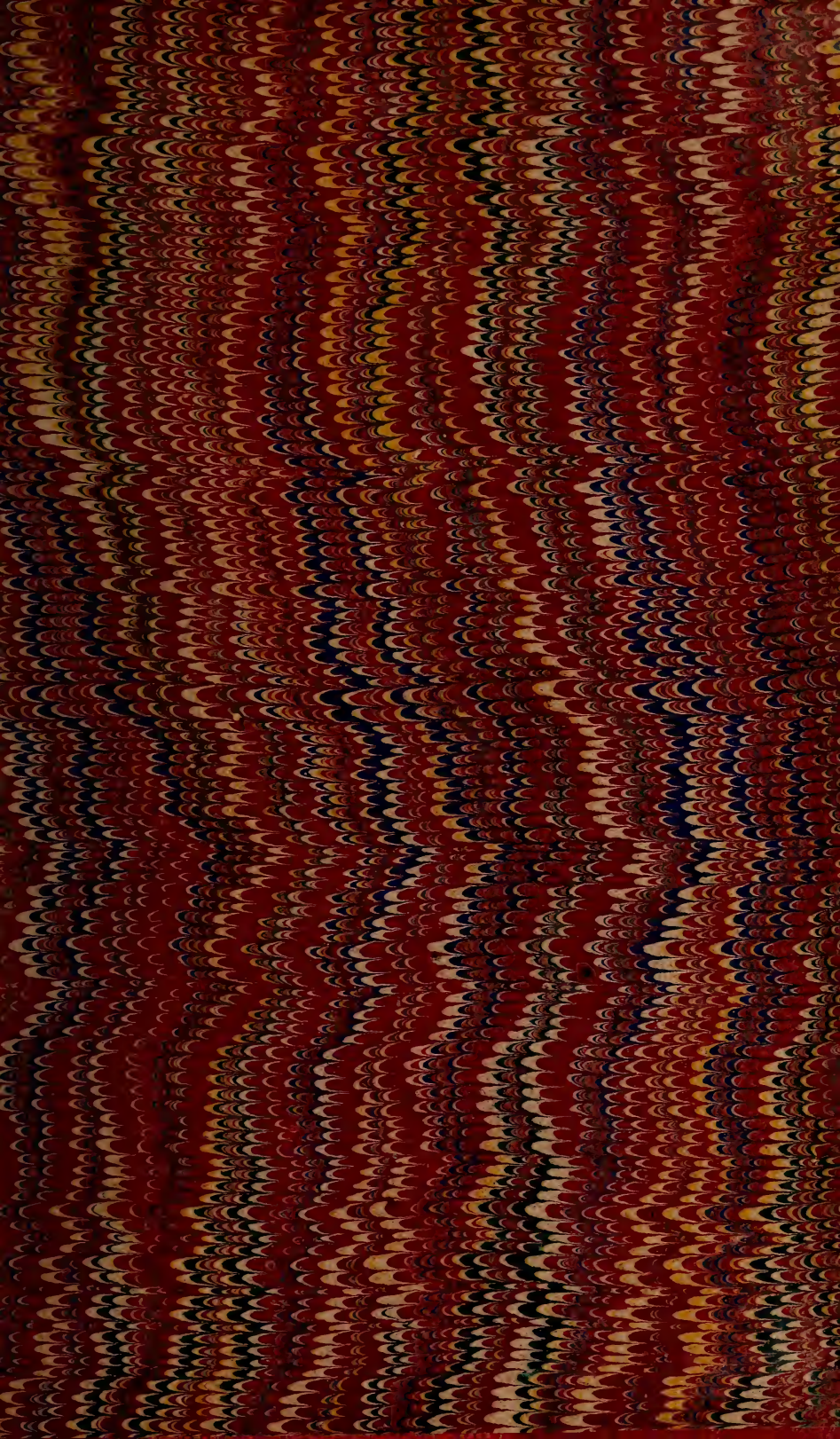




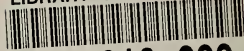








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